



1st Degree Testing for 2nd Degree Black Belt Preparation

Stances

One leg stance	Parallel stance
heaven hand	Double
stepping	Foot shifting (both feet)

Defensive Techniques

Double arc hand block.	Fore fist pressing block.
Inner forearm wedging block.	Low front block.
Low reverse block.	Nine shape block.
Scooping block.	U shape block.
Reverse knifehand low guarding block.	

Offensive Techniques

Back elbow thrust.	Backfist front strike.
Horizontal strike.	Middle knuckle fist upset punch.
Sidefist downward strike.	Twin elbow horizontal thrust.
Upset punch.	Pressing kick.

Patterns

Patterns are where you show your technical ability. To score well in patterns students should show:

- Correct stances that are well balanced with correct weight distributions.
- Correct heights and angles when attacking, blocking, kicking etc.
- Correct breathing. Correct connecting and continuous motions.
- Understand and perform sine wave correctly.
- Understand what each movement is used for.
- Demonstrate patterns in a fluid and powerful way.

Saju-Jurigi (14)	Saju-Makgi (18)	Chon-Ji (19)
Dan-Gun (21)	Won-Hyo (28)	Do-San (24)
Yul-Gok (38)	Joong-Gun (32)	Toi-Gye (37)
Hwa-Rang (29)	Choong-Moo (30)	

Kwang- Gae (39)	Po-Eun (36)	Ge-Baek (44)
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Kwang Gae is named after the famous Kwang Gae Toh Wang, the 19th King of the Koguryo dynasty, who regained all the lost territories including the greater part of Manchuria. the diagram represents the expansion and recovery of the lost territory. The 29 movements refer to the first two figures of 391 AD, the year he came to the throne.

Po Eun is the pseudonym of a loyal subject Chong Mong Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Gae-Baek is named after Gae-Baek a great general in the Baek-Je Dynasty. The diagram represents his severe and strict military discipline.

Step Sparring

10 routines showing skill in dodging techniques.

To score well in step sparring students should show:-

Correct attacking tools for the vital spots.

Show correct angles and distance

Be powerful and showing good control and dynamic. (Exciting to watch)

Self Defence On the ground

Ground Techniques

Hand:

Ground Crosscut.
Holding

Ground punch
Checking

Ground strike
Covering

Ground Thrust

Foot:

Ground checking kick.

Ground crescent kick.

Ground hooking kick.

Ground piercing kick.

Ground smashing kick.

Ground thrusting Kick.

Ground dodging.

Knee bending.

Leg crossing.

10 pre arranged self defence techniques against an attacker while kneeling, sitting and lying down.

To score well in self-defence students should show

A good range of techniques

Correct attacking tools for the vital spots.

Show correct angles and distance

Be powerful and showing good control

Dynamic. (Exciting to watch) Executed with realism

Free Sparring

Free Sparring against various partners plus two on to one. To score well in free sparring students should show

Good attacking and counter attacking skills. A good range of techniques that is well balanced between the hands and feet. Good footwork. Good fitness. Showing good control or indomitable spirit depending on who you are sparring.

Breaking

Special Technique:

Flying reverse turning kick.

Your own choice of
break. (To be approved by examiner)

Power:

Foot:

Turning kick

Own Choice: (To be approved by examiner)

Hand:

Knifehand strike

Theory

Oral questions will be asked throughout the grading process.

Pattern Meanings.

Theory of Power.

Vital Spots.

Stances.

Korean Terminology

for required techniques.

Thesis. (optional).

Your thesis can be on any Taekwon-Do subject.

By completing a thesis you will earn extra points toward your final score.

Notes: Preparation will be the key to a good grading.

Be sensible with your training and try and avoid any injuries Choose partners for your step sparring and self-defence that will make you look good.

Step sparring and self-defence routines should be in place as soon as possible. From here the routines are fine tuned through repetition. What you start with is not necessarily what you will end up with but you need a starting point.

Get a note pad so you can write things down such as step sparring and self defence routines.

Keep a record of your progress with press-ups, stretching, foot positions etc. Do not be afraid to ask for advice from myself or any of our black belts. Practice your breaking on pads. Condition your breaking tools. E.g. light tapping on the floor

Read your theory for 15 minutes a day.

Test each other on your theory.

Show good attitude and etiquette throughout the whole process.

Do not peak too early. You need to be at your best at the formal part of the grading.

PRACTICE - PRACTICE - PRACTICE

Quote: Gen Choi Hong Hi. Train easy grading hard – Train hard grading easy. !