



2nd Degree Testing for 3rd Degree Black Belt Preparation

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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Eui-Am (45)	Choong Chang (52)	Juche (45)
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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.

Eui-Am is the pseudonym of Son Byong Hi leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of his religion from Dong Hak (oriental culture) to Chondo-Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Juche is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is that master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain, which symbolises the spirit of the Korean people. The diagram represents Baekdu Mountain.

Step Sparring

10 routines of flying double kicks, Flying consecutive kicks, Flying combination kicks.

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

Dynamic. (Exciting to watch)

Self Defence

10 routines of self defence including defence against weapons.

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. 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:

360 mid air kick

flying double, consecutive or combination kicks.

Power:

Back Kick

Reverse Knifehand Strike (Under 18: Alternative break to be approved by examiner)

Own Choice: To be approved by examiner

Theory

Oral questions will be asked throughout the grading process.

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. !