



4th Degree Testing for 5th Degree Black Belt Preparation

Basics

Warrior ready stance A.	Parallel stance with X Backhand.	Double step jumping.
X-fist checking block.	Waist block.	Twin straight forearm checking block.
Outward block and pushing block.	Arc hand rising block.	Low side block and high side block.
Long fist punch.	Flying knifehand side strike.	Twin side fist horizontal strike.
Side fist side strike.	Side thrusting kick.	High twisting kick.
Side front snap kick and wedging block.		

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)			
Eui-Am (45)	Choong Chang (52)	Juche (45)			
Sam-Il (33)	Yoo-Sin (68)	Choi-Young (46)			
Yon-Gae (49)	UL-ji (42)	Moon Moo (61)			

Yon-Gae (49) Yon Gae is named after General Yon Gae Somoon, a famous general during the Koguryo dynasty. The 49 movements refer to the last two figures of 649 AD, the year he forced the Tang dynasty to leave Korea after destroying nearly 300,000 of their troops at Ansi Sung.

UL-ji (42) Ul Ji is named after General Ul Ji Moon Dok who successfully defended Korea against a Tang invasion force of nearly 1,000,000 soldiers led by Yang Je in 612 AD. General Ul Ji used hit and run tactics to destroy a large number of the opposing force. The diagram represents his surname. The 42 movements represent General Chois age when he designed this pattern.

Moon Moo (61) Honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great Kings Rock). According to his will, the body was placed in the sea 'Where my soul shall forever defend my land against the Japanese'. It is said that the Sol Gul Am is a fine example of the culture of the Silla dynasty. The 61 movements represent the last two figures of 661 AD when Moon Moo came to the throne.

Step Sparring

10 Routines showing all forms of step sparring.

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)

Free Sparring

With various partners plus two onto 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.

Self Defence

10 routines of self defence.

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

Breaking

Special Technique:

Own Choice

Power:

Foot – Own Choice

Hand – Own Choice

Examiner may request other breaks.

Theory

Oral questions will be asked throughout the grading process.

Pattern meanings, pattern diagrams and number of movements.

Moral Culture and general Taekwon-Do knowledge

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. !