



WORLDWIDE
TAEKWON-DO

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5th Degree Black Belt
Qualified ITF & WWT Instructor



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.

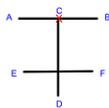
Offensive Techniques

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

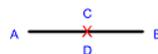
Patterns

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.

Kwang- Gae (39)



Po-Eun (36)



Ge-Baek (44)



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 39 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.

1 Step Sparring

6 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 NO weapons

Ground Techniques

Hand:

Ground Crosscut.

Ground punch

Ground strike

Ground Thrust

Holding

Checking

Covering

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.

pre arranged self defence techniques against an attacker while kneeling, sitting and lying down to last approx. 90 seconds. Showing both sides

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 of same rank and higher 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.

Destruction:-

Special Technique:

A. Flying turning kick:- Everyone-1 board.

B. Flying reverse turning kick:- Everyone-1 board

Both Special breaks top of board at top of head

Power:

A. Foot:- Turning kick Men-3 boards Women- 2 boards

B. Juniors:-back piercing kick – 2 boards

C. Hand:- Knifehand strike Men-2 boards Women -1 board

Theory

Oral questions may be asked throughout the grading process.

Pattern Meanings.

Theory of Power.

Vital Spots.

Stances.

Korean Terminology

for required techniques.

Thesis. (optional).

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