



WORLDWIDE
TAEKWON-DO

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2nd Degree Testing for 3rd Degree Black Belt Preparation

Stances:

- Diagonal stance (*sasun sogi*)
- Close ready stance D (*moa junbi sogi D*)
- Parallel stance with a twin side elbow (*narani so sang yop palkup*)
- Close stance heaven hand (*moa so hanulson*)
- Bending ready stance B (*goburyo junbi sogi B*)

Defensive techniques:

- Alternate palm downward block (*euhkallin sonbadak naeryo makgi*)
- Downward block (*naeryo makgi*)
- Knifehand rising block (*sonkal chookyo makgi*)
- Low inward block (*najunde anuro makgi*)
- Parallel block (*narani makgi*)
- Reverse knifehand circular block (*sonkal dung dollimyo makgi*)
- Twin palm pressing block (*sang sonbadak noollo makgi*)
- Twin palm rising block (*sang sonbadak chookyo makgi*)
- X-fist downward block (*kyocha joomuk naeryo makgi*)

4. Offensive techniques:

- Downward punch (*naeryo jirugi*)
- Crescent punch (*bandal jirugi*)
- Turning punch (*dollyo jirugi*)
- Double finger thrust (*doo songarak tulgi*)
- Backhand downward strike (*sondung naeryo taerigi*)
- Backfist side front strike (*dung joomuk yobap taerigi*)
- Twin knifehand horizontal strike (*sang sonkal soopyong taerigi*)
- Arc hand strike (*bandal son taerigi*)
- Twin foreknuckle fist crescent punch (*sang inji joomuk bandal jirugi*)
- Open fist punch (*pyon joomuk jirugi*)
- Crosscut (*ghutgi*)
- High elbow strike (*nopunde palkup taerigi*)
- Mid-air strike (*twio dolmyo taerigi*)
- Straight elbow downward thrust (*sun palkup naeryo tulgi*)
- Arc hand crescent strike (*bandal son bandal taerigi*)
- Twin knifehand inward strike (*sang sonkal anuro taerigi*)
- Backfist horizontal strike (*dung joomuk soopyong taerigi*)
- Flying consecutive punch (*twimyo yonsok jirugi*)
- Knee front snap kick (*moorup apcha busigi*)
- Dodging reverse turning kick (*pihamyo bandae dollyo chagi*)
- Two direction kick - side twisting, front back (*sangbang chagi - yop bituro chagi, ap dwi chagi*)
- Stamping kick (*cha bapgi*)
- Straight kick (*jigeau chagi*)

Botany Downs School

Mirrabooka Avenue, Howick
Monday & Thursday 6.00-8.00pm

Cockle Bay School

24 Sandspit Road Cockle Bay
Wednesday 6.00-8.00pm

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.

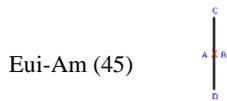
Correct heights and angles when attacking, blocking, kicking etc.

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.



Choong Chang (52)



Juche (45)



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. (Juche is also the term used for the North Korean dictators to suppress the people)

Sparring

- One Step Sparring (ilbo matsogi)
6 routines of flying double kicks, Flying consecutive kicks, Flying combination kicks. Should demonstrate right and left side equally.
- Pre-arranged sparring (yaksok jayu matsogi)
at least 3 routines with attacker of own choice approximately 90 seconds in duration.
- Free sparring (jayu matsogi)

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.

Destruction:

Special Technique:

- Mid air kick-1 board

Everyone: Top of board at top of the head height standing.

- Flying double, consecutive or combination kicks. – Min 2 boards

Degree of difficulty taken into consideration.

Power:

- Reverse Knifehand Strike

Men: 2 boards. Women: 1 board. Juniors: Twisting kick - 2 boards

- Foot - reverse turning kick

Men: 3 boards. Women & juniors: 2 boards.

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. !