



5th Degree Black belt Syllabus

- **Warm up**
- **Patterns**
 - All colour and previous black belt patterns
 - Yon Gae
 - Ul Ji
 - Moon Moo
 - Favorite black belt pattern
 - Examiners choice pattern
- **Traditional line work**
 - Advanced colour belt pattern line work
 - To include all previous black belt syllabus line work
 - Obverse high outward cross-cut with a flat finger tip in a right walking stance
 - Reverse low outward block with a knife-hand
 - Obverse high punch with a long fist in a low walking stance
 - W-shape block with a reverse knife-hand in a sitting stance
 - Side fist in a sitting stance
 - Twin straight forearm checking block in a sitting stance
 - Knife hand low reverse outward block in a walking stance
 - Pressing block with a X-fist in a L stance
 - Middle section front snap kick while executing a middle wedging block with the inner forearm
 - Arc-hand reverse rising block in a walking stance
- **Free style line work**
 - All previous colour and black belt line work
 - Examiners choice of combinations
- **Instruction**
 - Demonstrate teaching a class of student – chief instructors choice of element
- **Pad Work**
 - Pad Drills 1 to 7, demonstrated right and left side
- **Kickshield**
 - Examiners choice
- **Power test**
 - Spinning knife hand strike against one 1” wooden board with measure
 - Spinning hook kick against one 1” wooden board with measure
 - Jump back kick break against three 1” wooden board with measure
 - Ridge hand strike - Air break against one 1” wooden board with measure
 - Student choice break
 - Examiners choice break

- **Free sparring**
 - Knife sparring
 - Semi-contact, 2 x 1.5minute rounds – hands only
 - Semi-contact, 2 x 1.5minute rounds – legs only
 - Semi-contact, 6 x 1.5minute rounds – hands and legs

- **Set sparring**
 - To include two-step traditional 1 to 8
 - One-step traditional.
 - One-step where opponent attacks with any technique.
 - One-step sparring with knife – lunge and angled attacks only

- **Self Defence**
 - All previous colour and black belt defences
 - Knife attacks – wall attack to throat, straight lunge, slashes and downward attack
 - Ground fighting – demonstrate locks and submissions

- **Theory**
 - **Basic Korean terminology**
 - Back Fist – Dung Joomuk*
 - Side Fist – Yop Joomuk*
 - Vertical Stance – Soojik Sogi*
 - Walking stance – Gunnun Sogi*
 - L stance – Niunja Sogi*
 - Twin forearm block – Sang Palmok Makgi*
 - Side kick – Yop Chagi*
 - Front kick – Ap Chagi*
 - Turning kick – Dollyo Chagi*
 - Reverse Turning kick – Bandae Dollyo Chagi*
 - Flying Twisting Kick – Twimyo Bituro Chagi*
 - Obverse punch – Baro Jirugi*
 - Reverse punch – Bandae Jirugi*
 - High section – Nopunde*
 - Middle section – Kaunde*
 - Low section – Najunde*
 - TKD thesis on your personal gains in Tae Kwon Do and history on Tae Kwon Do for 5th Dan and above (1500 words minimum) to be submitted 4 weeks prior to grading
 - TKD Theory done prior to grading