



# 3<sup>rd</sup> Degree Black belt Syllabus

## ➤ Warm up

## ➤ Patterns

- All colour belt and black belt patterns
- Ko-Dang
- Eui-Am
- Choong-Jang
- Favorite pattern

## ➤ Traditional Line work

### *Various basics*

- Reverse upset punch in a walking stance
- High section knife hand guarding block in rear foot stance
- Middle section double forearm block with low block combination in walking stance
- Double arc hand block (reverse side) in walking stance
- Rear arm number 9 block in walking stance
- Low section knife hand guarding block in L stance
- High section back fist in a sitting stance
- Horizontal punch in a sitting stance
- Low section twisting kick off the rear leg land obverse reverse punch in a walking stance
- Middle section turning kick off the rear leg - jump side kick with the front leg (same leg) landing high section twin vertical punch in a walking stance
- Middle knife hand wedging block in a walking stance
- Reverse knife-hand rising block in a walking stance
- Reverse high section crescent punch in a walking stance
- Downward backhand strike in an L-stance
- Middle section reverse turning kick landing in a sitting stance knife hand strike

## ➤ Free style line work

### *Various basics*

- Knife hand strike – reverse hook punch – spinning knife hand strike
- Back fist reverse punch, front leg jumping axe kick
- Double lead leg turning – rear leg jump spin crescent kick
- Rear leg side kick – jump back kick – double punch
- Step over 360 degree jump spinning hook kick
- Pad drill number 5 – perform 3 right then 3 left
- Obverse punch - reverse punch - obverse inward middle block - reverse punch - obverse ridge hand strike
- Knife-hand rising block - reverse punch - fade away jump side kick.
- Leg switch step over jump spin crescent, rear leg jump front kick combination – same leg does both kicks!

➤ **Pad Work**

- Pad Drills 1 to 7, demonstrated right and left side

➤ **Kickshield**

- Demonstrate jump side kick x 10 of each leg
- Demonstrate jump turning kick x 10 of each leg
- Demonstrate jump reverse turning kick x 5 of each leg

➤ **Power test**

- Palm Heel strike against one 1" wooden board with measure
- Jump turning kick break against one 1" wooden board with measure
- Reverse turning kick break against one 1" wooden board with measure

➤ **Free sparring**

- Semi-contact – hands and legs, legs only, hands only
- Free spar against opponent with knife - no safety equipment

➤ **Set sparring**

- To include two-step traditional 1 to 8
- Three step semi free sparring
- Three step sparring 1 to 10
- One-step traditional
- One-step semi-traditional
- One-step freestyle (Wearing sparring equipment).

➤ **Self Defence**

- All previous coloured belt drills
- Takedowns
- Knife attacks – straight lunge, slashes and downward attack
- Defence from the ground – shoulder pins, full mount position, grabs and strikes

➤ **Theory**

- TKD Theory done prior to grading