



2nd Degree Black belt Syllabus

- **Warm up**
- **Patterns**
 - All colour belt patterns
 - Kwang Gae
 - Po Eun
 - Ge Baek
 - Favorite pattern
- **Traditional Line work**
 - Basic colour belt pattern line work
 - 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
- **Free style line work**
 - 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
 - Favourite jumping kick
 - Favourite hand combination
 - Favourite hand and leg combination
- **Pad Work**
 - Pad Drills 1 to 6, demonstrated right and left side
- **Kickshield**
 - Demonstrate traditional side kick x 10 of each leg
 - Demonstrate traditional reverse turning kick x 10 of each leg
 - Demonstrate traditional jump back kick x 5 of each leg

Please Turnover

- **Power test**
 - Jump side kick break against one 1" wooden board with measure
 - Jump back kick break against one 1" wooden board with measure
 - Back fist against one 1" wooden board with measure

- **Free sparring**
 - Semi-contact, 2 x 1.5minute rounds – hands only
 - Semi-contact, 4 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 freestyle (Wearing sparring equipment).

- **Self Defence**
 - All previous self defence techniques
 - To include knife attacks – thrust, downward angle attack from the right and left

- **Theory**
 - TKD Theory done prior to grading