

## 4<sup>th</sup> Degree Black Belt Syllabus

- **Warm up**
- **Patterns**
  - All colour and previous black belt patterns
  - Sam Il
  - Choi Yong
  - Yoo Sin
- **Traditional line work**
  - Twin inward knife strike in a walking stance
  - Double downward punch in L stance
  - Reverse high section crescent punch in a walking stance
  - Palm upward block palm downward block in an L-stance
  - U-shape block in a fixed stance
  - Knife hand rising block, then inner forearm circular block, followed by a middle obverse punch in walking stance
  - Low knife hand guarding block, then middle turning kick off the rear leg, to high reverse hooking kick, to a middle side piercing kick (same leg) landing in a walking stance followed by a front elbow to palm.
- **Free style line work**
  - Lead high section hook kick - lead backfist -360 jump turning kick
  - Lead hand ridgehand - spin hook kick (land in front) – lead jump front kick - reverse punch.
  - Lead leg jump axe kick - reverse punch - rear leg front push kick - reverse turning kick
  - Lead leg front kick to side kick (same leg) - reverse side kick - lead backfist.
  - Rear front kick land in front, rear turning kick, step through 360 jump spin turning kick
  - Favourite jump kick
  - Favourite hand combination
  - Favourite leg combination
  - Favourite hand and leg combination
- **Pad Work**
  - Pad Drills 1 to 8, demonstrated right and left side
  - Freestyle pad work (2 x 2 minute rounds, with combination of pad drills)
- **Kickshield**
  - Demonstrate side kick to jump back kick x 10 of each leg
  - Demonstrate jump front kick x 10 of each leg
  - Step over reverse turning kick x 5 on each leg

- **Power test** – *choice to be given to grading student – bag or board*
  - Elbow strike against two 1” wooden board with measure
  - Knife hand strike against two 1” wooden board with measure
  - Side kick break against three 1” wooden board with measure
  - Straight punch - Air break against one 1” wooden board with measure
  - Reverse turning kick - Air break against one 1” wooden board with measure
  - Examiner choice break
  
- **Free sparring**
  - Semi-contact - semi contact, 2 x 1.5 minute round - Legs only
  - Semi-contact - semi contact, 4 x 1.5 minute round - points sparring
  - Semi-contact - semi contact, 4 x 1.5 minute round - continuous sparring
  
- **Set sparring**
  - Three step semi free sparring (good range of techniques displayed)
  - Three step sparring 1 to 10
  - Two-step sparring 1 to 4
  - One-step sparring
  
- **Self Defence**
  - All previous coloured belt drills
  - Knife attacks – straight lunge, slashes, downward attack plus threats
  - Defence from the ground – all previous ground self defence
  
- **Practical**
  - Demonstrate & prepare your teaching skills in front of a class (choice of your own element) please supply lesson plan on what you are going to cover.
  - Demonstrate your teaching skills in front of a class (Chief instructors element choice)
  
- **Theory**
  - TKD Theory done prior to grading
  
- **Terminology**
  - Rear foot stance - Dwit Bal Sogi
  - X stance - Kyocho Sogi
  - Three step sparring - Sambo Matsoki
  - Two step sparring - Ibo Matsoki
  - One step sparring - Ilbo Matsoki
  - Twisting kick - Bituro Chagi
  - Reverse turning kick - Bandae Dollyo Chago
  - Twin forearm - Sang Palmok Makgi
  - Wedding block - Hechyo Makgi