



4th Degree Black belt Syllabus

- **Warm up**
- **Patterns**
 - All colour and previous black belt patterns
 - Sam Il
 - Choi Yong
 - Yoo Sin
- **Traditional line work**
 - Basic colour belt pattern line work
 - Same as 3rd syllabus put to include below
 - 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
 - Back elbow strike in diagonal stance
- **Free style line work**
 - Basic colour belt pattern linework
 - Same as 3rd syllabus put to include below
 - Turning kick and 360 degree jumping turning kick with same leg
 - Step through side kick, step over reverse turning kick, reverse punch
- **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**
 - Turning kick, spinning hook kick to same leg side kick x 10 on each leg
 - Double side kick x 10 on 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
- **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**
 - To include two-step traditional 1 to 8
 - 3 step sparring 1 to 10
 - One-step traditional
 - One-step semi-traditional (Wearing sparring equipment).
 - One-step freestyle (Wearing sparring equipment).
 - One step sparring showing pattern applications

- **Self Defence**
 - All previous coloured belt drills
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 - Two onto one, with knives and regular attacks
 - Knife attacks – straight lunge, slashes, downward attack plus threats
 - Defence from the ground – all previous ground self defence

- **Weapons forms**
 - Nunchaku form 1
 - Bo Staff form 1

- **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