

PROMOTION TO BLACK STRIPE (1ST KUP)

Warm Up

- Spot sprints
- 35 press ups
- 35 sit ups
- 35 jumping jacks
- 25 squat thrusts

Traditional Line Work

- L-stance – low knife hand guard
- L-stance – obverse upwards punch
- Fixed stance – middle side punch
- L-stance – side kick (back leg) - back kick - back fist strike
- Walking stance – turning kick (back leg), reverse turning kick, reverse punch
- Walking stance – jump front kick (back leg), obverse, reverse punch
- Walking stance – twin vertical punch, front push kick (back leg), L-stance forearm guarding block
- Walking stance – obverse, reverse punch, knee strike (back leg), L-stance forearm guard

Patterns

- Up to and including Hwa-Rang

Freestyle Line Work

- Lead leg inward to outward crescent kick – back leg push front kick
- Step over reverse turning kick
- Double lead leg side kick – back fist – reverse punch (blitz motion)
- Reverse punch – reverse ridgehand – jump spin crescent kick
- Favourite jump kick

Set Sparring

- One step sparring
- Two step sparring (1 – 3)
- Three step sparring (1 – 10)
- Three step semi-free sparring

Self Defence

- Single lapel grab with other hand round throat
- Front guillotine choke
- All previous self-defence

Pad Drills

- 1, 2, 3, 4, 5 (right & left side)

Kicking Technique

- Front, side, turning, back kicks (regular and jump variations)
- Reverse turning kicks
- Flying side kicks

Sparring

- Free sparring
- Two-onto-one sparring (including kicks and punches whilst on the ground (attacker standing))

Power Test

- Hand destruction – palm strike
- Kick destruction – back kick

Theory

- All theory to be learnt on the reverse of this document + personal questions from examiner

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1. **What was the date Tae Kwon Do was founded?**

April 11th, 1955.

2. **What is the angle on the arm for a rising block?**

45°

3. **What is the ready position on Hwa-Rang called?**

Closed ready stance C.

4. **What is the meaning of black belt?**

Please see below

5. **How many movements are there in pattern Hwa-Rang and what is its meaning?**

Please see below.

6. **What is the purpose of the low section x-fist pressing block in Hwa-Rang?**

To block an incoming kick.

7. **Where is the downward knifehand strike aimed at in Hwa-Rang?**

The shoulder or collarbone.

8. **Personal: What does Tae Kwon Do mean to you and why do you want your black belt?**

Student's personal answer.

Students should also revise previous colour belt theory

as previous questions may also be asked.

MEANING OF BELT COLOURS

BLACK

Opposite of white, therefore signifying the maturity and proficiency in Tae Kwon Do. Also indicates the wearer's imperviousness to darkness and fear.

Hwa-Rang Tul (29 movements)

Hwa-Rang is named after the Hwa Rang youth group, which originated in the Silla Dynasty in the early 7th century. The group eventually became the actual driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae Kwon Do developed into maturity.

To be learnt when you are a red belt, 2nd Kup.