

2nd Degree Black Belt Syllabus

- **Warm up**
- **Patterns**
 - All colour belt patterns
 - Kwang Gae
 - Po Eun
 - Ge Baek
 - Favorite pattern
- **Traditional 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 in walking stance
 - Rear arm number 9 block in walking 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**
 - Lead side kick – back kick- slide back- back kick
 - Lead leg double middle side kick – switch legs - back kick (same leg both kick)
 - Middle reverse punch - obverse ridgehand - spin hook kick
 - Rear leg side kick - jump back kick - double punch
 - Rising block - reverse punch - rear leg front kick - jumping front kick (same leg)
 - Favourite jump kick
 - Favourite hand combination
 - Favourite leg 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

- **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
 - Examiner choice break

- **Free sparring**
 - Semi-contact – hands only
 - Semi-contact – hands and legs

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

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