

# 1<sup>st</sup> Degree Black Belt Syllabus

- **Warm up**
- **Patterns**
  - All colour belt patterns including Choong Moo
- **Traditional Line work**
  - Basic colour belt pattern line work
  - High section back fist strike reverse punch in a walking stance
  - Twin forearm block then an upward punch in a L-stance
  - Middle section knife hand 'X' checking block in L-stance
  - Knife hand rising block with a high inward knife hand strike in a walking stance
  - Twin upward palm block in a walking stance
  - Middle section turning kick – knife hand strike reverse punch in a walking stance
  - Middle section jump side kick– forearm guarding block in L stance
  - High section Turning kick– high section reverse turning kick landing in Knife hand guarding block in L stance
  - High section front kick – Jump back kick landing in L stance low section knife hand guarding block
- **Freestyle Line work**
  - Obverse hook punch – reverse punch – obverse uppercut
  - Low block, reverse punch, obverse upper cut, reverse punch
  - Double lead leg turning – double punch
  - Rear leg front kick, land kicking leg forwards - jumping reverse punch
  - Single switch stance – rear leg axe kick – double punch
  - Step through side kick, back kick combination
  - Obverse back fist reverse punch, rear leg middle section turning kick, spinning hook kick
  - Favourite jump kick
  - Favourite hand combination
  - Favourite leg combination
  - Favourite hand and leg combination
- **Pad Work**
  - Pad Drills 1 to 5, demonstrated right and left side
- **Kickshield**
  - Demonstrate traditional side kick x 10 of each leg
  - Demonstrate traditional turning kick x 10 of each leg
  - Demonstrate traditional back kick x 5 of each leg
- **Free sparring**
  - Semi-contact – hands only
  - Semi-contact – hands and legs

# 태권도

TAE KWON DO



- **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
  - Defend from the ground:
    1. Pinned to ground by shoulders – attacker knelt to side
    2. Attacker has one knee on chest, following through with a punch
    3. Full mount with a two-handed choke
  
- **Power test**
  - Side kick break against one 1” wooden board with measure
  - Back kick break against one 1” wooden board with measure
  - Ridge hand strike against one 1” wooden board with measure
  
- **Theory**
  - TKD Theory done prior to grading