

5th Degree Black Belt Syllabus

- **Warm up**
- **Patterns**
 - All colour and previous black belt patterns
 - Yon Gae
 - Ul Ji
 - Moon Moo
 - Favorite black belt pattern
 - Examiners choice pattern
- **Traditional line work**
 - Obverse high outward crosscut with a flat fingertip in a right walking stance
 - Obverse high punch with a long fist in a low walking stance
 - W-shape block with a reverse knife-hand in a sitting stance
 - Twin straight forearm checking block in a sitting stance
 - Knife hand low reverse outward block in a walking stance
 - Middle section front snap kick while executing a middle wedging block with the inner forearm, followed by a high vertical punch in a walking stance
 - Arc-hand reverse rising block in a walking stance
 - High inward knife hand strike bringing the opposite palm on the elbow joint while maintaining a walking stance
- **Free style line work**
 - Lead high section hook kick - lead backfist -360 jump turning kick
 - Lead side kick – High turning kick to hook kick (same leg) - middle reverse side kick
 - Lead leg jump axe kick - reverse punch - rear leg front push kick - reverse turning kick
 - Lead leg front kick to side kick - jump back kick - lead hand back fist - reverse punch – lead ridgehand.
 - 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
- **Instruction**
 - Demonstrate teaching a class of student – chief instructors' choice of element
- **Pad Work**
 - Pad Drills 1 to 9, demonstrated right and left side
 - Freestyle pad work (2 x 2 minute rounds, with combination of pad drills)

- **Kickshield**
 - Demonstrate traditional flying side kick x 10 of each leg
 - Demonstrate traditional step over 360 back kick x 10 of each leg
 - Demonstrate traditional 360 jump turn kick x 5 of each leg
- **Power test**
 - Spinning knife hand strike against one 1" wooden board with measure
 - Spinning hook kick against one 1" wooden board with measure
 - Jump back kick break against three 1" wooden board with measure
 - Ridge hand strike - Air break against one 1" wooden board with measure
 - Student choice break
 - Examiners choice break
- **Free sparring**
 - Semi-contact, 2 x 1.5minute rounds – hands only
 - Semi-contact, 2 x 1.5minute rounds – legs only
 - Semi-contact, 6 x 1.5minute rounds – 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
 - One-step freestyle (Wearing sparring equipment)
- **Self Defence**
 - All previous colour and black belt defences
 - Knife attacks – wall attack to throat, straight lunge, slashes and downward attack
 - Ground fighting – demonstrate locks and submissions
- **Theory**
 - **Basic Korean terminology**
 - Back Fist – Dung Joomuk*
 - Side Fist – Yop Joomuk*
 - Vertical Stance – Soojik Sogi*
 - Walking stance – Gunnun Sogi*
 - L stance – Niunja Sogi*
 - Twin forearm block – Sang Palmok Makgi*
 - Side kick – Yop Chagi*
 - Front kick – Ap Chagi*
 - Turning kick – Dollyo Chagi*
 - Reverse Turning kick – Bandoe Dollyo Chagi*
 - Flying Twisting Kick – Twimyo Bituro Chagi*
 - Obverse punch – Baro Jirugi*
 - Reverse punch – Bandoe Jirugi*
 - High section – Nopunde*
 - Middle section – Kaunde*
 - Low section – Najunde*
 - TKD thesis on your personal gains in Tae Kwon Do and history on Tae Kwon Do for 5th Dan and above (1500 words minimum) to be submitted 4 weeks prior to grading
 - TKD Theory done prior to grading