



1st 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
 - Pad drill number 5 – perform 3 right then 3 left
 - Favourite jumping kick
 - Favourite hand combination
 - Favourite hand and leg combination
- **Pad Work**
 - Pad Drills 1 to 5, demonstrated right and left side

Please Turnover

- **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, 2 x 1.5minute rounds – hands only
 - Semi-contact, 3 x 1.5minute rounds – hands and legs

- **Set sparring**
 - Three step semi free sparring (good range of techniques displayed)
 - Three step sparring 1 to 6
 - Two-step traditional 1 to 4
 - One-step traditional
 - One-step semi traditional (Wearing sparring equipment)

- **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