



Grading Syllabus - 1st Dan (Black belt)

You will be required to perform the following exercises consistently and accurately as instructed.

Linework

Various linework and combinations relevant to your current grade.

Patterns

All patterns up to and including Pattern Choong-Moo

Sparring

One step sparring (advanced – includes jumping or flying techniques),
3 step semi-free sparring
Free sparring

Particular attention will be paid to variety of techniques and movement during the sparring elements. Confidence and attitude will also be considered during the grading.

Padwork

Various Padwork combinations

Theory

Always address the instructor and the grading examiner as **“Sir”**.

You will also be expected to give full and expansive answers, brief answers without much preparation will receive lower marks:

Questions

1. What is the interpretation of pattern Choong-Moo? Also explain the meaning and what further research you have done about Great Admiral Yi-Sun-Sin.
2. What does the colour black signify? Explain in detail what this means and how you interpret it.
3. Korean for any technique relevant to your grade?
4. What does Taekwondo mean to you?
5. What does becoming a black belt mean to you?
6. How has Taekwondo helped or changed your life?