



Grading Syllabus - to 2nd Dan (Black belt)

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

Linework

Various linework techniques and combinations relevant to your current grade.

Patterns

All coloured belt patterns as well as Kwang Gae, Po Eun and Gae Baek.

Sparring

One step sparring

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 including jumping techniques.

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 Kwang Gae, Po Eun and Gae Baek? Also explain the meaning and what further research have you done about the patterns for your grade.
2. Korean for any technique relevant to your grade?
3. You will be asked to explain the details of any technique that the grading examiner mentions, please pay attention to position of hands or feet, weight distribution, how power is generated and other relevant information.
4. What is the difference between 1st Dan and 2nd Dan?
5. Why is Taekwondo different to other non-martial art sports?
6. Apart from the physical benefits, what does Taekwondo provide for you?