



1st DAN BLACK BELT GRADING SYLLABUS

- 1) Patterns (poomse) – Three patterns chosen by examiner from Taeguk or Palgae 1 – 7 plus Taeguk 8 and Koryo.
- 2) Kicking – Demonstrate: 12 different kicks chosen by examiner.
6 kicking combinations on target chosen by examiner.
- 3) One Step sparring (hanbeon kyorugi) using your own defences

Defence against:
 1. body punch (momtong jirugi)
 2. face punch (olgul jirugi)
 3. front kick (ap chugi)
 4. side kick (yup chugi)
 5. roundhouse kick (dolyo chugi)
- 4) Self defence (hosinsul) using your own defences

Defence against:
 1. grip to lapel or arm
 2. attack from behind, eg: strangle or headlock.
 3. attack from front, eg: strangle or push.
 4. attack while lying down.
 5. Two different knife defences.
- 5) Breaking techniques (kyokpa)

Breaking with
 - 1: hand strike (compulsory for males only)
 - 2: back kick.
 - 3: combination break, 2 boards (2 kicks or kick & hand)
- 6) Sparring (kyorugi) – 2 rounds light body contact, 1 round contact shield sparring.
- 7) Theory – Terminology and general knowledge as per grading book, application of poomse movements.