

South Midlands Tae Kwon-Do

GRADING INFORMATION: 1st DAN - BLACK BELT

All Black Belt gradings are held at the Bristol Academy. To be eligible to grade, students must have completed a minimum of 2 years continuous training since being promoted to 1st Dan and

have passed the TAGB Umpires course. Students will be assessed on their stances, focus, power, technique and attitude.

Patterns – 25%

5 Patterns:

Kwang-Gae, Po-Eun, and Ge-Baek

+ 1 pattern of the examiner's choice

+ 1 pattern of the student's choice

Free Sparring – 20%

Generally 3 bouts of 1 and a half minutes duration.

Students are expected to demonstrate a range of effective attack and defence techniques.

Set Sparring – 15%

One step sparring (controlled take-downs allowed)

Students are expected to demonstrate a range of effective foot and hand counters.

Either two step, three step or semi-free sparring.

Line Work – 15%

Line work is highly variable, but usually includes a jumping technique, foot and hand combinations

and sequences taken from patterns. Typical examples might be:

- Jumping turning kick.
- Rising block, low block, double archand block (Ge-Baek).
- U-shaped grasp (Po-Eun).
- Double turning kick, reverse punch pull back into guarding block.

Theory – 15%

Students will generally be asked questions from 3 of the 5 examiners. Questions are entirely at

the examiner's discretion but tend to be from the following broad categories.

Patterns – interpretation and the techniques used. Students are expected to understand the interpretation, not merely repeat the definition. Typical questions might be:

- What can you tell me about the poet Chong Mong-Chu?
- What is the significance of the number 39 in pattern Kwang-Gae?
- Which patterns contain a back-fist strike?

Techniques – terminology, applications and limitations. Typical questions might be:

- Name and demonstrate all the different knife-hand strikes you know.
- What is 9-shaped block used for?
- What does Milagi mean?

History and Social – key dates and events, people in Tae Kwon Do, aspirations and motivations

behind Tae Kwon Do. Typical questions might be:

- When was Tae Kwon-Do introduced to the UK?
- Who is the national coach of the TAGB?
- What would you look for in a student of Tae Kwon Do?

Destruction – 10%

Hand Technique - Two white boards using a left or right hand technique of the student's choice (including front elbow strike). Women use one white board.

Foot Technique - Two white boards using a left or right kick of the student's choice.

Women use one white board.

Jumping Technique – Two white boards (or one white board on the high holder) using left or right jumping front or side kick. Women use one white board.

Note: Measured from the floor to the centre of a board, the high holder at the Bristol Academy is 1.46m tall, and the normal holder 1.26m tall.

(Variations of the grading format are at the examiners discretion, this sheet is for guidance only)

