

South Midlands Tae Kwon-Do

GRADING INFORMATION: 2nd 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 3 years continuous training since being promoted to 2nd Dan and

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

Patterns – 25%

6 Patterns:

Ko-Dang, Eui-Am and Choong-Jang

+ 2 patterns of the examiner's choice (one 1st Dan pattern and one coloured belt pattern)

+ 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 back kick.
- The first 4 moves from Ko-Dang.
- Double side kick, reverse knife-hand strike with the lead hand, 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 is the difference between the side punch in Won-Hyo and Hwa-Rang?
- How many movements does pattern Eui-Am have and what is the significance?
- What is the significance of the last movement of pattern Choong-Jang?

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

- When would you use your toes to kick?
- What is the Korean term for crosscut and what is the target?
- What does Pihagi 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 the BTC formed?
- Who is the chairman of the BTC?
- What were the three kingdoms of Korea?

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 using left and right jumping back kick, or one white board on the high holder using left or right jumping turning 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.

