

Black Belt

1ST DAN TO 2ND DAN LINEWORK

FWD – L-STANCE LOW KNIFE HAND GUARDING BLOCK, SLIP FRONT FOOT TO WALKING STANCE
CIRCULAR BLOCK

BWD – WALKING STANCE DOUBLE FOREARM BLOCK, LOW BLOCK REVERSE ARM

FWD – DOUBLE TURNING KICK LAND IN L-STANCE WITH REVERSE PUNCH WITH KIAP PULL BACK TO
GUARD

BWD – TWIN HORIZONTAL PUNCH IN FIXED STANCE

FWD – PRESSING KICK SIDE KICK COMBINATION USING THE SAME LEG, LAND IN L-STANCE WITH
INWARDS KNIFE HAND STRIKE (FROM KWANG GAE)

BWD – U-SHAPED GRASP (FROM PO EUN)

FWD – JUMP TURNING KICK LAND IN L- STANCE WITH GUARDING BLOCK

BWD – L-STANCE X-KNIFE HAND CHECKING BLOCK, UPSET PUNCH WITH REACTION ARM PULLED TO
SHOULDER

FWD – TWIST KICK LAND IN WALKING STANCE WITH DOUBLE PUNCH

BWD – WALKING STANCE WITH NINE SHAPED BLOCK

FWD – TURNING KICK, JUMP SIDE KICK LAND IN WALKING STANCE WITH TWIN VERTICAL PUNCH (AS
IN PATTERN GAE-BAEK) THEN PULL BACK TO GUARD

BWD – WALKING STANCE RISING BLOCK, LOW BLOCK, DOUBLE ARC HAND BLOCK

FWD – FRONT LEG HOOK KICK, TURNING KICK COMBINATION FOLLOWED BY REAR LEG AXE KICK,
REVERSE PUNCH KIAP AND PULL BACK TO GUARD

ON THE SPOT – JUMP SPINNING BACK KICK LAND IN L-STANCE WITH REVERSE PUNCH KIAP PULL
BACK TO GUARD

PATTERN – STUDENTS CHOICE OF COLOURED BELT

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PATTERN – EXAMINERS CHOICE

PATTERN – KWANG GAE

PATTERN – PO EUN

PATTERN – GAE BAEK

SET SPARING – EITHER 3 OR 2 STEP – EXAMINERS CHOICE

1 STEP SPARING – SHOWING MORE ADVANCED TECHNIQUES

FREE SPARING

BREAKING – BOTH HANDS ANY TECHNIQUE, BOTH LEGS ANY TECHNIQUE ONE JUMP KICK ANY TECHNIQUE