Blackbelt 1st degree grading syllabus.

Monday to Wednesday (Minimum of 3 hours):
Observation of teaching techniques.
Observation of training & fitness.
Observation of pad work & balance.
Observation of understanding knowledge of TKD.
General overall standard of student.

Sunday:

PART 1: PATTERNS.

Patterns	Various Patterns will be performed

PART 2: KICKING COMBINATIONS.

Kicking combinations	Standing and flying kick combinations

PART 3: SPARRING/SELF DEFENCE.

Pre-set sparring	Three step sparring, Two step sparring, One step sparring, One step grabs
Free sparring	1 v 1 sparring, 2 v 1 sparring
Self defence	Various releases from holds 1 v 1, 2 v 1
Weapons self defence	Defend against knife attacks

PADWORK.

Flying side kick	X2
360 back kick	X2
Special Technique (2)	X2
Jump side kick	X2
Back fist	X2

PART 4: POWERTEST.

Side kick	X2
Jump Reverse turning kick	X2
Jump back kick	X2

PART 5: TERMINOLOGY.

Theory	Theory paper containing no less than 70 questions mostly multiple choice. (Students will be supervised & helped with writing if necessary).

Click here for sample questions -----> Question 1-31
Click here for sample questions -----> Question 32-41
Click here for sample questions -----> Foot Hand Parts
Click here for sample questions -----> Stances

This is a guide and the order and content can change on the day.