

Blackbelt 2nd 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 (must include immobilisation)

Weapons self defence Defend against knife attacks

PADWORK.

Twisting kick X1

360 back kick X1

Special Technique (2) X1

Partner various 60 secs

PART 4: POWERTEST.

Jump side kick X1

Jump turning kick X1

360 back kick X1

PART 5: TERMINOLOGY.

Theory Theory paper containing no less than 80 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 ----->

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*.**