

1st Dan (for promotion to 2nd Dan)

PATTERNS	STANCES	DEFENSIVE TECHNIQUES	OFFENSIVE TECHNIQUES	GROUND TECHNIQUES	SPARRING	SELF DEFENCE	DESTRUCTION	THEORY
Kwang-Gae 39 movements	One leg stance	Double arc hand block.	Back elbow thrust.	<u>Hand:</u> Ground Crosscut. Ground punch Ground strike Ground Thrust	<u>Step Sparring:</u> 10 routines: showing skill in dodging techniques.	<u>On the ground.</u> 10 pre arranged self defence techniques against an attacker while kneeling, sitting and lying down.	<u>Power test:</u> Hand: Knifehand strike Foot: Turning Kick	Pattern Meanings. Theory of Power. Vital Spots. Stances.
Po-Eun 36 movements	Parallel stance heaven hand	Fore fist pressing block.	Backfist front strike.	Holding Checking Covering	<u>Free Sparring:</u> With various partners plus two onto one.		<u>Special technique:</u> Flying reverse turning Kick.	Korean Terminology for required techniques.
Ge Baek 44 movements	Double stepping	Inner forearm wedging block.	Horizontal strike.	Ground checking kick. Ground crescent kick. Ground hooking kick. Ground piercing kick. Ground smashing kick.			<u>Own Choice:</u> Your own choice of break. (To be approved by examiner)	Taekwon-Do Related essay (optional).
Plus all previous patterns.	Foot shifting (both feet)	Low front block. Low reverse block. Nine shape block. Reverse knifehand low guarding block. Scooping block. U shape block.	Middle knuckle fist upset punch. Sidelfist downward strike. Twin elbow horizontal thrust. Upset punch. Pressing kick.	Ground dodging. Knee bending. Leg crossing.				