

## 2<sup>nd</sup> Dan (for promotion to 3<sup>rd</sup> Dan)

PATTERNS	STANCES	DEFENSIVE TECHNIQUES	OFFENSIVE TECHNIQUES	SPARRING	SELF DEFENCE	DESTRUCTION	THEORY
Eui-Am 45 movements	Diagonal stance	Alternate palm downward block	Downward Punch. Crescent punch. Turning punch. Double finger thrust. Backhand downward strike.	<b><u>Step Sparring:</u></b>  10 routines: showing skill in Flying double kicks, flying consecutive kicks and flying combination kicks.	10 pre arranged self defence techniques against weapon attacks. Eg, knife and baton	<b><u>Power test:</u></b>  <b><u>Hand:</u></b> Reverse knifehand strike  <b><u>Foot:</u></b> Back Kick	Pattern meanings.
Choong-Jang 52 movements	Close ready stance D	Downward block	Backfist side front strike. Twin knifehand horizontal strike. Arc hand strike.	<b><u>Pre Arranged:</u></b>  3 routines with attacker of own choice	360 mid air kick	System of rank	Composition of Taekwon-Do
Juche 45 Movements	Parallel stance with side elbow	Knifehand rising block	Twin foreknuckle fist crescent punch. Crosscut. High elbow strike Mid air strike.				
Ko-Dang 39 Movements	Close stance heaven hand	Low inward block	Straight elbow downward thrust. Arc hand crescent strike. Twin Knifehand inward strike.	<b><u>Free Sparring:</u></b>  With various partners plus two onto one.	Flying double consecutive or combination kicks of your own choice. 2 boards	Hand and foot parts	System of sparring.
Plus all previous patterns.	Bending ready stance B	Parallel block	Back fist horizontal strike. Flying consecutive punch. Knee front snap kick. Dodging reverse turning kick.				
		Reverse knifehand circular block	Two direction kick. Stamping kick. Straight kick.				
		Twin palm pressing block					
		Twin palm rising block					
		X-fist downward block				<b><u>Own Choice:</u></b>  Your own choice of break. (To be approved by examiner)	Taekwon-Do Related essay (optional).