



## 5<sup>th</sup> Dan Syllabus

### TUL

So-San, Se-Jong

### STANCES

One leg stance with instep to hollow of knee.

### DEFENSIVE TECHNIQUES

knife hand low block and inner forearm middle outward block.

Palm obverse pressing block.

### OFFENSIVE TECHNIQUES

Vertical Punch.

### STEP SPARRING

**10 routines.**

5 X 1 step sparring,

5 X pre-arranged sparring

## Techniques Syllabus 5<sup>th</sup> Dan

### FREE SPARRING

Various partners

### CLOSE QUARTER COMBAT

10 routines, own choice

### DESTRUCTION

**Power test:**

**Hand:** Own Choice

**Foot:** Own Choice

**Special technique:** Own Choice

### THEORY

Pattern meanings.

Philosophy of Taekwon-Do

### GRADING REQUIREMENTS

Class Attendance 80% of 5 years training, minimum. Sickness and personal reasons may be taken into consideration.

Class Attendance:

Grading Date:

Grading Result:

Instructors Signature: