

# 1st Kup Red Belt - (page 1 of 2)

**GRADING INFORMATION:** Black Belt gradings are held twice a year, Spring and Autumn at a central location organised by the TAGB association, you must attend a minimum of 3 Pre-black belt sessions preceding the grading, all Black belt grading forms are handed in on the first session, with your license.

Stances, Focus, Power, Technique, Knowledge, and Attitude are all taken into account for your black belt grading.

## Choong-Moo

+ 1 pattern of the examiner's choice Patterns – 22%

+ 1 pattern of the student's choice

3 bouts of 1 and a half minutes duration Free Sparring – 22%

Students are expected to demonstrate a range of effective, attack and defence techniques.

One-step sparring (no take-downs) Set Sparring – 17%

*Students are expected to demonstrate a range of effective foot and hand counters.*

Either: Two-step, Three-step or Semi-free sparring.

Line work is highly variable, but usually includes a jumping Line Work – 17%

Technique, foot and hand

Terminology – You will be asked 3 - 5 questions covering, Terminology – 22%

Techniques, pattern interpretation, and your opinion/ thought on.

## Combinations and sequences taken from patterns:

*Typical examples might be:*

- Jumping front kick.
- The first 3 moves from Won-Hyo.
- Upset fingertip thrust followed by low block and back-fist strike (Choong-Moo).
- Turning kick, back kick, reverse punch, pull back into guarding block.

Terminology – You will be asked 3 - 5 questions covering:

*Terminology – 22% Techniques, pattern interpretation, and your opinion/ thought on.*

