

## **5<sup>TH</sup> DAN**

## **GOING FOR 6<sup>TH</sup> DAN**

**THESIS** - The applicant of has to submit his or her own written thesis on any Taekwondo related subject along with an application. Size of the thesis: at least 10 A4-sized (one A4-size = 700 characters) pages in Korean or English.

### **PATTERNS - POOMSAE**

SIPJIN & JITAE, PLUS 4 OTHERS FROM (SAH JANG UPWARDS)

### **SPARRING**

- 1 STEP SPARRING
  - INCLUDE TENSION TECHNIQUES AND TAKE DOWNS
  - SAME BOTH SIDES

### **SELF DEFENCE**

- ATTACKS CAN BE FROM THE FRONT OR REAR.
- THE ATTACKING CANDIDATE CHOOSES WHERE TO ATTACK
- DISPLAY A RANGE OF MORE ADVANCED WRIST LOCKS
- USING PRESSURE POINTS & RESTRAINING TECHNIQUES FROM
  - COLLAR GRAB
  - WRIST GRAB
  - BEAR HUG
  - STRANGLE HOLDS
  - NECK LOCKS
  - KNIFE ATTACK
  - BATON ATTACK
  - SEATED SELF DEFENCE AGAINST GRABS & KNIFE ATTACK

### **POWER TEST:**

SPECIAL TECHNIQUE OF OWN CHOICE ON THREE TARGETS

- CANDIDATES CHOICE OF HAND OR FOOT TECHNIQUES