

# DAN/POOM GRADING SYLLABUS

## BLACK TAG 1<sup>st</sup> KUP



## GOING FOR 1<sup>st</sup> DAN/POOM BLACK BELT



### **PATTERNS - POOMSAE**

TAEGEUK 8 (PAL JANG), PLUS OF 4 OTHERS FROM (IL JANG UPWARDS)

### **SPARRING**

- 1 FOR 1 KICKING
- 1 STEP SPARRING
  - INCLUDE TENSION TECHNIQUES AND TAKE DOWNS
  - SAME BOTH SIDES
- FREE SPARRING (NO CONTACT)
- WTF FREE SPARRING
  - WT COMPETITION RULES (CONTROLLED CONTACT WEARING WT APPROVED TRUNK PROTECTOR)
- 2 ONTO 1 SPARRING

### **SELF DEFENCE**

- ATTACKS CAN BE FROM THE FRONT OR REAR.
- THE DEFENDING 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

### **POWER TEST:**

**(BELOW 18 YEARS OLD ONLY):** SPECIAL TECHNIQUE OF OWN CHOICE - NO BREAK

**(OVER 18 YEARS OLD ONLY):** SPECIAL TECHNIQUE OF OWN CHOICE