

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR **1st** DAN/POOM

MEMBERS TESTING FOR 1st DAN/POOM BLACK BELT

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

TAEGEUK POOMSAE x 5

Candidates will be asked to perform Taegeuk 8 Pal Jang plus 4 other Taegeuk Poomsa of the examiner's choice

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques except where defined in the Poomsae culminating in appropriate finish to technique.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance).

MINIMUM TESTING REQUIREMENT

1 STEP SPARRING x 5

Candidates will be asked to perform a minimum of 5 x step sparring techniques including:

- at least one featuring a take-down
- at least one featuring a restraint
- at least one featuring a kicking technique

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

Stance & Balance

Stances used are realistic, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

SELF DEFENCE

- Opponents can attack:
- From the front or rear
 - With grab to wrist or wrists
 - With grab to collar

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 5

Candidates will be asked to perform a minimum of 5 x escapes and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with:

- At least one featuring a wrist lock
- At least one featuring a pressure point
- At least one featuring the restraining an opponent

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

Reaction speed

Candidate demonstrates correctly timed body and or blocking movement to stop the attack with minimal delay between the defence and counter attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counterattack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Effectiveness

Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.

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SPARRING

This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration and additional self defence techniques may be substituted.

MINIMUM TESTING REQUIREMENT

1 FOR 1 KICKING EXERCISE x 1 minute

Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing throughout, and not audible, Candidates must exhale when in kicking phase. Footwork is controlled to maintain balance and consistent distance.

Technique

Candidates must demonstrate a variety of identifiable kicks throughout. Knee chamber should be high with hips extended when kicking.

Accuracy

Candidates should demonstrate techniques that are executed to appropriate targets on opponent consistently.

Fluency of movement

Candidates should demonstrate consistent rhythm and pace throughout using stepping and stance adjustments to maintain tempo.

FREE SPARRING

This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.

MINIMUM TESTING REQUIREMENT

CONTROLLED SPARRING - 2 x 1 minute

Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes

Candidates will be assessed against the following criteria:

Posture & Breathing

Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

Threat awareness & thought

Candidates demonstrate movement and cover to limit scoring opportunities.

Reaction speed

Candidates are reactive to opponent and create well timed responses and combinations.

Use of Space and Movement

Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap.

Technique

Candidates demonstrate variety of attacking/defensive techniques in combinations to achieve scoring opportunities.

Accuracy

Candidates are able to control techniques aimed at scoring areas of the opponent with the correct part of the foot or fist.

Concentration & Spirit

Candidates will maintain concentration on opponent following the rules of sparring in good spirit.

DESTRUCTION

16 years+ Board break
15 years- Foam board strike

MINIMUM TESTING REQUIREMENT

2 WAY SPECIAL TECHNIQUE

Candidates will be asked to perform a 2 way technique of their own choice and will have up to 2 attempts

Candidates will be assessed against the following criteria:

Technique

Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique.

Fluency of movement

Candidates should demonstrate clear flow of movement between breaking techniques.

Accuracy

Candidate hits the centre of target.

Speed & Power

Candidate demonstrates sufficient and appropriate power and speed to complete the break.