

PHIL THOMAS SCHOOLS OF TAEKWONDO

GRADING INFORMATION – 1st KUP / BLACK TAG

All Black Belt gradings are held at the Bristol Academy. Students will be assessed on their stances, focus, power, technique and attitude. Note that attitude is assessed throughout the grading.

Patterns – 27%

3 Patterns:

Choong-Moo

+ 1 pattern of the examiner's choice

+ 1 pattern of the student's choice

Free Sparring – 22%

Generally 3 bouts of 1½ minutes duration.

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

Set Sparring – 17%

One step sparring (no take-downs)

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

Either two step, three step or semi free sparring.

Line Work – 17%

Line work is highly variable, but usually includes a jumping technique, foot and hand 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.

Theory – 17%

Students will generally be asked questions from 3 of the 5 examiners. Questions are entirely at the examiner's discretion but tend to be from the following broad categories.

Patterns – interpretation and the techniques used. Students are expected to understand the interpretation, not merely repeat the definition. Typical questions might be:

- What is the significance of the number 29 in pattern Hwa-Rang?
- Which patterns have a release technique?
- What is the purpose of the jump in pattern Toi-Gye?

Techniques – terminology, applications and limitations. Typical questions might be:

- What is the difference between a double block and a twin block?
- Name the following parts of the hand (the examiner will demonstrate).
- What does Bapgi mean?

History and Social – key dates and events, people in Tae Kwon Do, aspirations and motivations behind Tae Kwon Do. Typical questions might be:

- When was the TAGB formed?
- Who is the liaison officer of the TAGB?
- What does gaining a black belt mean to you?
- If you could choose a sixth tenet of Tae Kwon Do, what would it be and why?