

COVID-19 LOCKDOWN BLACK BELT GRADING 2020

# 1st DAN

- FWD** L Stance, Low Knife Hand Guarding Block, slip front foot to Walking Stance, Circular Block
- BWD** Walking Stance, Double Forearm Block, Reverse Low Block (Kwang Gae)
- FWD** Rear leg, Double Turning Kick, land L Stance, Forearm Guarding Block
- BWD** L Stance, Horizontal Punch (Po Eun)
- FWD** Rear leg, Pressing Kick, Middle Side Kick, land in L Stance, Inward Knife Hand Strike (Kwang Gae)
- BWD** L stance, U Shape Grasp (Po Eun)
- FWD** Rear leg, Twisting Kick, land Walking Stance, Double Punch (Gae Baek)
- BWD** L Stance, X Knife Hand Checking Block , Single Upward Punch, opposite hand to shoulder
- FWD** Rear leg, Turning Kick, Jumping Side Kick, land in Walking Stance Twin Vertical Punch, pull back to L Stance, Forearm Guarding Block (Gae Baek)
- BWD** Walking Stance, No 9 shaped Block (Gae Baek)
- FWD** Front Leg, Hook Kick, Side Kick, Rear Leg Axe Kick, land L Stance, Forearm Guarding Block
- BWD** Walking Stance, Rising Block, Low Block, Double Arc Hand (Gae Baek)
- STATIC** Jumping Front Kick, Jumping Turning Kick, Jumping Side Kick

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## **Patterns**

Examiners choice coloured belt patterns x 2  
Kwang Gae, Po Eun, Gae Baek

All together  
All together

## **Sparring**

2 Step Sparring (5-8)  
1 Step Sparring  
Free Sparring

As linework, attack & defence  
Static (left & right, no partner)  
Executed as shadow sparring