

COVID-19 LOCKDOWN BLACK BELT GRADING 2020

2nd DAN

FWD Rear leg, Double Side Kick, Reverse Side Kick, Land L Stance Forearm Guarding Block (change legs)

BWD 1st 4 moves of Ko Dang

FWD Front Leg, Hook Kick, Side Kick, Rear Leg Axe Kick, land L Stance, Forearm Guarding Block

BWD Walking Stance, Double Inward Knife Hand Strike (Ko Dang)

FWD Rear leg, Mid Section Defensive Crescent Kick, Land L Stance Crosscut, Pull back Forearm Guarding Block (Ko Dang)

BWD Walking Stance, Knife Hand Wedging Block/Circular Block (Reverse Knife Hand), Pull back to Rear Foot Stance, Double Downward Palm Block (Eui Am)

FWD Rear leg, Front Kick, Turning kick , Axe kick (same leg)

BWD Walking Stance, Low Knife Block, High Reverse Palm Heal Strike (Choong Jang)

FWD Rear leg, Twisting Kick, Land Walking Stance, X Fist Pressing Block, Rising Knife Hand Block (Eui Am)

BWD L stance, Downward Outer Forearm Block (Ko Dang)

FWD Rear leg, Front Kick, Land Walking Stance, High Reverse Arc Hand Strike (Choong Jang)

BWD Walking Stance, High Obverse Inward Outer Forearm Block, (same hand) High Back Fist Side Strike (Choong Jang)

STATIC Jumping Front Kick, Jumping Side Kick, Jumping Reverse Side Kick

Patterns

Examiner's choice coloured belt pattern x 1

All together

Examiner's choice 1st Dan patterns x 2

All together

Ko Dang, Eui Am, Choong Jang

All together

Sparring

2 Step Sparring (5-8)

As linework, attack & defence

1 Step Sparring

Static (left & right, no partner)

Free Sparring

Executed as shadow sparring