

**Grading Syllabus**  
**Black belt grading 1st kups (black tag)**

Forward – First three moves from Won Hyo  
Backwards - Double hooking block, obverse punch  
Fwd – knife hand guarding block, moving into upper elbow strike  
Bwd – X fist low block then twin vertical punch  
Fwd – Shoulder grab followed by knee strike  
Bwd – Circular block, obverse punch  
Fwd – L stance - inward moving outer forearm block, back fist strike using the same arm, slip front foot for front elbow strike using rear arm  
Bwd – Walking stance upset finger tip thrust, then low block back fist strike in L stance  
Fwd - Step forward with inward waist block, spin into back kick followed by reverse knife hand strike  
Bwd - L stance low section double outer forearm block  
Fwd – Twist kick land in walking stance with flat finger tip thrust

**Patterns**

Pattern - Student's choice (not Choong Moo)  
Pattern - Examiners choice  
Pattern - Examiners choice  
Pattern - Examiners choice  
Pattern - Choong Moo

**Set Sparring**

Set sparring – 3 or 2 step – examiners choice  
One step Sparring

**Free Sparring**

**Breaking**

One hand any technique, one leg any technique

**Theory**