



HED TKD

TAE KWON-DO SCHOOLS

GRADING INFORMATION 2nd DAN BLACK BELT

PRACTICAL

Basics & combinations from this & all previous syllabus & attend Pre-gradings every 6 months

Choice coloured belt pattern(s)

Set Coloured Belt Pattern(s)

Black belt patterns (Ko Dang, Eui Am, Chung Jang)

Free Sparring

All Set Sparring (One step to includes locks & take downs)

Advanced Breaking (Hand & Foot)

Min requirement: 3 breaks, Any Hand (*Ladies can choose to use elbow*), Any Rear Foot Standing kick,

Any Jumping kick. (Ladies 1 board, Gents 2 boards, Juniors (U18) Kick shield)

NEW TERMINOLOGY

Ko Dang (39 moves)

Ko Dang is the pseudonym of the patriot Cho Man Sik who dedicated his life to the Korean Independence Movement and the education of the Korean people. The patterns 39 movements signify his periods of imprisonment and his birthplace on the 39th parallel.

Downward Straight Elbow

Naeryo Sun Palkup

Downward Block

Naeryo Magki

Twin knife hand strike

Sang Sonkal Taerigi

Downward punch

Naeryo Jurigi

Crescent kick

Bandal Chagi

Flat fingertips Cross Cut Strike

Opun Sonkut Ghutgi Taerigi

Eui Am (45 Moves)

Eui Am is the pseudonym of the patriot Son Byong Hi who was the leader of the Korean Independence Movement on March 1st 1919. The patterns 45 movements relate to his age when he changed the name of the religious sect known as *Dong Hak* (Oriental Culture) to *Chondo Kyo* (Heavenly Way Religion) in 1905. The patterns movement plan symbolises his indomitable spirit displayed while dedicating himself to the prosperity of his nation.

X fist downward block

Kayocha Joomuk Naeryo Magki

Double Alternate palm downward Block

Doo Euhkallin Sonbadak Naeryo Magki

Crescent punch

Bandal Jurigi

Reverse Knife Hand Inward Low Block

Sonkal Dung Anaero Najundi Magki

Chung Jang (52 Moves)

Chung Jang is the pseudonym of General Kim Duk Ryang of the Yi dynasty who lived during the fifteenth century. The pattern ends with a left handed attack intended to symbolise the Generals death in prison at the age of just 27 before he was able to reach full maturity.

Double fingertip thrust

Doo Songarak Tulgi

Body Dropping

Mom Nachugi

Back Hand Downward strike

Sondung Naeryo Taerigi

Horizontal Knife Hand Strike

Soopyong Sonkal Taerigi

Arc Hand Strike

Bandal Son taerigi

Fore knuckle fist

Inji Joomuk