

## **GRADING INFORMATION: 1<sup>st</sup> 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.

### **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 1 and a half 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?

(Variations of the grading format are at the examiners discretion, this sheet is for guidance only)