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## 3rd Degree Testing for 4th Degree Black Belt Preparation

### Stances:

- Warrior ready stance B (*moosa junbi sogi B*)

### Defensive techniques:

- Foot lifting (*bal dulgi*)
- Body dropping (*mom nachugi*)
- High outward block and forearm low block (*nopunde bakuro makgi wa palmok najunde makgi*)
- Reverse knifehand guarding block (*sonkal dung daebi makgi*)
- X-knifehand rising block (*kyocha sonkal chookyo makgi*)
- W-shape block (two targets) (*san makgi*)
- Waving kick (*doro chagi*)
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### Offensive techniques:

- Double fist low punch (*doo joomuk najunde jirugi*)
- U-shaped punch (*digutja jirugi*)
- Backhand horizontal strike (*sondung soopyong taerigi*)
- Middle knuckle fist punch (*joongji joomuk jirugi*)
- Sweeping kick (*suroh chagi*)
- Foot tackling (*bal golgi*)
- Grasping kick (*butjapgo chagi*)
- Punching kick (*jirumyo chagi*)
- Striking kick (*taerimyo chagi*)
- Thrusting kick (*tulumyo chagi*)

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## Patterns

Patterns are where you show your technical ability. To score well in patterns students should show:

Correct stances that are well balanced with correct weight distributions.

Correct heights and angles when attacking, blocking, kicking etc.

Correct breathing. Correct connecting and continuous motions.

Understand and perform sine wave correctly.

Understand what each movement is used for.

Demonstrate patterns in a fluid and powerful way.

## Sam-Il

Name refers to the historic date of the [Independence Movement](#) of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern represent for the 33 patriots who planned the movement.

## Yoo-Sin

Is named after [General Kim Yu-Sin](#) a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 AD the year the Korea was unified. The ready posture signifies a sword drawn to the right rather than the left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own people.

## Choi-Yong

Is named after General [Choe Yong](#) Premier and Commander-in-Chief of the armed forces during the 14th century [Koryo](#) Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by subordinate commanders headed by [General Yi Sung-Gae](#) who later became the first king of the [Lee Dynasty](#). 46 movements

## Sparring

- Model Sparring ( mobum matsogi )

2 routines a pre arranged partner is allowed

To score well in step sparring students should show:-

Correct attacking tools for the vital spots. Show correct angles and distance

Be powerful and showing good control Dynamic. (Exciting to watch)

- Free sparring ( jayu matsogi )

With partners of own rank and with more senior black belts, plus two onto one free sparring.

To score well in free sparring students should show:

Good attacking and counter attacking skills. A good range of techniques that is well balanced between the hands and feet, good footwork, good fitness. Showing good control or indomitable spirit depending on who you are sparring.

## Self Defence

2 routines of self defence of around 90 seconds skill in throwing and falling.

To score well in self-defence students should show:

A good range of techniques. Correct attacking tools for the vital spots.

Show correct angles and distance.

Be powerful and showing good control dynamic. (Exciting to watch) Executed with realism.

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## **Breaking**

### **Special Technique:**

- Own Choice

### **Power:**

- Hand - hand technique of own choice

Men: 3 boards. Women: 2 boards

- Foot - foot technique of own choice

Men: 4 boards. Women: 3 boards

## **Theory**

Oral questions will be asked throughout the grading process.

Pattern meanings, pattern diagrams and number of movements.

Moral Culture and general Taekwon-Do knowledge

**Notes:** Preparation will be the key to a good grading.

Be sensible with your training and try and avoid any injuries Choose partners for your step sparring and self-defence that will make you look good.

Step sparring and self-defence routines should be in place as soon as possible. From here the routines are fine tuned through repetition. What you start with is not necessarily what you will end up with but you need a starting point.

Get a note pad so you can write things down such as step sparring and self defence routines.

Keep a record of your progress with press-ups, stretching, foot positions etc. Do not be afraid to ask for advice from myself or any of our black belts. Practice your breaking on pads. Condition your breaking tools. E.g. light tapping on the floor

Read your theory for 15 minutes a day.

Test each other on your theory.

Show good attitude and etiquette throughout the whole process.

Do not peak too early. You need to be at your best at the formal part of the grading.

**PRACTICE - PRACTICE - PRACTICE**

**Quote: Gen Choi Hong Hi. Train easy grading hard – Train hard grading easy. !**