**GRADING INFORMATION: 1st KUP - Red Belt**

Stances, focus, power, technique and attitude 3 Patterns: Patterns – 27%

**Choong-Moo**

+ 1 pattern of the examiner’s choice

+ 1 pattern of the student’s choice

Generally 3 bouts of 1 and a half minutes duration. Free Sparring – 22%

Students are expected to demonstrate a range of effective attack and defence techniques.

One step sparring (no take-downs)

Set Sparring – 17% Line Work – 17%

Students are expected to demonstrate a range of effective foot and hand counters.

Either: Two step, Three step or Semi free sparring.

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**.

You will need to know all the information from the TAGB terminology book which takes you from white to black belt.

Use the two indexes at the back which gives you English to Korean and vice versa.

Parts of the body: there are pictures near the back of the book with the Korean words.

Stances are important also

The front of the book is about TAGB, when it was formed etc.

Also use the TAGB website quiz to help you practice: <https://www.blackbeltschools.com/syllabus/koreanquiz.asp?grade=10&j=&k=&q=10>

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**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. (All the information is in the terminology book)

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?

All the Black belts have been through this process and know what you are feeling, use their knowledge and time to help you prepare, they are happy to help you.