



**BLACK BELT PRE-GRADING  
PREPARATION HANDBOOK**

## TULS

You will need to be able to perform every single Gup (Coloured Belt) Pattern from Chon-Ji to Choong-Gun inclusive, as well as the beginners' sequences Saju Jirugi and Saju Maki.

## TRADITIONAL TECHNIQUES

You will need to be able to perform all the individual Blocks, Strikes or Kicks which appear in all the ITF Tuls up to and including your grade, knowing the name in both English and Korean.

**Kicks:** You will be asked to perform all the traditional kicks you have been taught, off both legs, and in varying height. You should be able to perform them off the lead leg, rear leg, from a stationary positioning or while moving (forward or back), spinning or jumping.

**Strikes:** You will be asked to perform all the striking techniques, with your hands, off both sides, with equal proficiency and confidence

## SPARRING

Through guided exercises, you will be required to show a thorough understanding of core sparring concepts.

- Movement
- Distancing
- Offence
- Defence
- Kicking Techniques
- Hand Techniques
- Tactics

You will be required to spar against one, or multiple opponents and display:

- Proficiency in striking with both your hands and kicking techniques.
- Confidence and ability to strike off both your left and right hand side.
- Ability to adapt and defend yourself against different types of opponents.



## SELF DEFENCE

You will be required to perform self defence techniques, and show that you have an understanding of basic self defence principles.

## BOARD BREAKING

Board breaking is optional at the Pre-Grading, should you want to get some practice and familiarity with the process. We recommend that you take this opportunity, as it will be mandatory at the final Black Belt Grading.

You will be asked to complete 6 different techniques. Two kicking techniques, off each leg, then a striking technique using both hands.

The kicks will all need to be base techniques (no jumping), but you have freedom to choose which kick you like, and whether to kick off the lead or rear leg. However, whichever ones you choose, you will need to do the same technique off both sides.

## THEORY

Theory and knowledge of the history of Taekwon-Do is extremely important, especially for someone who is a Black Belt.

You will be asked to complete a formal online theory paper prior to the grading, you will also be tested in person after the practical element of the test.

The students who achieve the best results are those who are best prepared. If you want to give the best account of yourself, you will have to have additional training on your own.

As ever, if you have further questions regarding the Black Belt Pre-Grading, do not hesitate to contact us.



## ADDITIONAL REQUIREMENTS

The Black Belt is not just a symbol of your physical or technical proficiency, but also your commitment to training, and your understanding of the martial art and training philosophy.

Students hoping to achieve their Black Belt with us, will have to demonstrate all these qualities. In addition to training and competing, you will also have to complete the following:

### INSTRUCTION

A minimum of 24 hours of instruction or teaching. This can be assisting another lead instructor in class, or providing support at a seminar or grading.

Once you have your Black Belt, all Junior grades will automatically look to you for support and guidance. Being able to articulate yourself and provide this support is a completely different skill set.

### UMPIRING

Assisting in Umpiring or officiating for at least one event. This can include Centre Referring, Corner Judging or working with a Jury President at a Head Table.

By having a complete understanding of the scoring system, and appreciating what an Umpire is looking for, will help your own performance when you are competing.

### EXAMINATION

You will be required to assist for at least one grading. This can include a Lil' Warriors Assessment or a White & Colour Belt Grading.

You will observe one of the examiners, to understand the technical and physical elements that are being reviewed and tested. This will help you to focus your own efforts in training and performance, when it comes to your own grading.

