



Black Belt Grading Sample Line Work 1st Kup & Above

Please note:

The enclosed is
sample line work only.

This line work could be subject to change at
anytime during a Black Belt Grading.

1st Kup

- FWD** Walking stance, Low Block, Rising Block, Reverse Punch
- BWD** L stance, KHGB, slip front foot, walking stance, Upper Elbow Strike
- FWD** Rear leg, Front Kick/Turning Kick (same leg), Land L stance, FGB
- BWD** First 3 moves of Won Hyo
- FWD** Side Kick, Reverse side Kick, Land L stance, FGB (change legs halfway through)
- BWD** Walking stance, Double Hooking Block, Obverse Punch
- FWD** L stance, KHGB, Front leg Front Kick, Walking stance, Flat fingertip thrust
- BWD** First 2 Moves Toi Gye
- FWD** Turning kick, Reverse turning kick, Land L stance, FGB
- BWD** Walking stance, X fist pressing block, Twin vertical punch
- STATIC** Jumping front kick, jumping side kick

Patterns

- | | |
|----------------------------------|-----------------------------------|
| Examiner's choice pattern | All together |
| Student's choice pattern | In groups |
| Choong Moo | in groups |
| <u>Set Sparring</u> | 2 step sparring & 1 step sparring |

1st Dan

- FWD** L stance, Low KHGB, slip front foot to walking stance, Circular Block
- BWD** Walking stance, double forearm block, reverse low block
- FWD** Double turning kick, land L stance, FGB
- BWD** L stance, horizontal punch
- FWD** Low then middle side kick, land in L stance, Inward Knife hand strike
- BWD** L stance, U Shape grasp
- FWD** Twist Kick, land walking stance, Double Punch
- BWD** L stance, X Knife Hand checking Block , single upward punch, opposite hand to shoulder
- FWD** Turning Kick, Jumping Side Kick, land in walking stance Twin Vertical Punch, pull back to L stance, FGB
- BWD** Walking stance, No 9 shaped Block
- FWD** Front Leg, Hook Kick, Turning Kick, Rear Leg Axe Kick, land L stance, FGB
- BWD** Walking stance, Rising Block, Low Block, Double Arc Hand
- STATIC** Jumping front kick, Jumping turning kick, Jumping side kick

Patterns

- | | |
|--|-----------------|
| One coloured belt pattern of examiner's choice | All together |
| One coloured belt pattern student's choice | In groups |
| Kwang Gae Po Eun, Gae Baek | in groups |
| <u>Set Sparring</u> | 1 step sparring |

2nd Dan

<u>FWD</u>	Double side kick, Reverse side kick, Land L stance FGB (change legs)
<u>BWD</u>	1st 4 moves of Ko dang
<u>FWD</u>	Front leg, Hook/Side kick comb, Rear leg, Axe kick, Land FGB
<u>BWD</u>	Walking stance, Double inward Knife hand strike (Ko Dang)
<u>FWD</u>	Mid section defensive crescent kick, Land L stance Crosscut, Pull back FGB (Ko Dang)
<u>BWD</u>	Walking stance, Knifehand wedging block/Circular block (reverse knifehand), Pull back to rear foot stance, double downward palm block
<u>FWD</u>	Rear leg, Front/Turning kick Comb, Axe kick same leg
<u>BWD</u>	Walking stance, low knife hand block, reverse palm heel strike
<u>FWD</u>	Twisting kick, Land walking stance, X fist pressing/rising knife hand block
<u>BWD</u>	L stance, Downward outer forearm block
<u>FWD</u>	Front kick, Land walking stance, reverse arc hand strike
<u>BWD</u>	Walking stance, Obverse inward outer forearm Block, (same hand) back fist side strike (Choong Jang)
<u>STATIC</u>	Jumping front kick, Jumping side kick, jumping reverse side kick

Patterns

Coloured belt pattern (examiners choice)	All together
1st Dan pattern (examiners choice)	All together
1st Dan pattern (examiners choice)	All together
Ko Dang, Eui Am, Choong Jang	In groups
<u>Set Sparring</u>	1 step sparring

3rd Dan

- FWD** Double side kick, Reverse side kick, Land L stance, FGB (change legs)
- BWD** Walking stance, X fist pressing/X Knife hand rising block, twist hands reverse punch (Yoo Sin)
- FWD** Front leg, Hook kick/Side kick comb, Rear leg, Axe kick
- BWD** Walking stance, Double forearm block, reverse low block (Yoo Sin)
- FWD** L stance, Back hand strike, inward crescent kick (hitting palm), Side kick same leg
Land L stance, Back hand strike
- BWD** Fixed stance, U shape punch (Yoo Sin)
- FWD** Rear leg, Front/Turning kick Comb, Axe kick (same leg)
- BWD** L stance, Low section, Twin punch (Sam Il)
- FWD** L stance, low section reverse KHGB, slip front foot to walking stance, 9 shaped block
- BWD** Walking stance, Reverse inward outer forearm block, Obverse punch (Sam Il)
- FWD** Reverse TK/SK comb, Land L stance, FGB
- BWD** Walking stance, Knife hand rising block, circular block, obverse punch (Choi Yong)
- FWD** Twist kick, Land walking stance, X fist pressing/knife hand rising block (Eui Am)
- BWD** Walking stance, Twin knife hand strike (Choong Jang)
- STATIC:** Jumping front kick, Jumping side kick, Jumping turning kick, Jumping reverse side kick

Patterns

Coloured belt pattern (examiners choice)	All together
1st or 2nd Dan pattern (examiners choice)	All together
1st or 2nd Dan pattern (examiners choice)	All together
Sam Il, Choi Yong, Yoo Sin	in groups
<u>Set Sparring</u>	1 step sparring

4th Dan +

- FWD** Double side kick, Reverse side kick, Land L stance, FGB (change legs)
- BWD** In rear foot stance, Inward outer forearm block, slip back foot into walking stance, low section inward palm block (Tong Il)
- FWD** Reverse turning/side kick combination, land L stance, FGB
- BWD** Walking stance, Slow double reverse knife hand block, fast, Double punch combination (Tong Il)
- FWD** L stance, Back hand strike, Inward crescent kick, hitting palm, side kick same leg, Land L stance, Back hand strike (Yoo Sin)
- BWD** Walking stance, Obverse underfist strike, Reverse palm heel strike (Tong Il)
- FWD** Rear leg, front/turning kick combination, Axe kick same leg, land L stance, FGB
- BWD** Walking stance, Reverse inward outer forearm block, obverse punch (Sam Il)
- FWD** Twisting kick land walking stance, X fist pressing/rising knife hand block (Eui Am)
- BWD** Walking stance, Knife hand rising block, circular block, obverse punch (Choi Yong)
- FWD** Rear leg, low, middle side kick, Land L stance, inward knife hand strike
- BWD** Walking stance, rising block, low block, double arc hand
- STATIC** Jumping front kick, jumping turning kick, jumping side kick, jumping reverse side kick

Patterns

- | | |
|---|-----------------|
| Coloured belt pattern (examiners choice) | All together |
| 1st or 2nd Dan pattern (examiners choice) | All together |
| 1st or 2nd Dan pattern (examiners choice) | All together |
| 1st or 2nd Dan pattern (examiners choice) | All together |
| 1st or 3rd Dan pattern (examiners choice) | All together |
| Se Jong, Tong Il, Ul Gi | In groups |
| <u>Set Sparring</u> | 1 step sparring |