



www.murraysTaekwondo.co.uk

Murrays Taekwondo

Grading for Black Belt Dan Grades is taken under a panel of 3 to 5 senior Dan Grades.

There will be 3 non-compulsory pre-grading sessions that you may attend in order to prepare yourself for the test.

The Grading...

- Warm up
- 1 minute traditional hand techniques
- 1 minute kicking techniques
- 5 patterns
 - The relevant grading pattern(s)
 - One from the previous grade
 - The remainder to be chosen by the panel of judges
- 1 Step Sparring
- Self-Defence
 - Attacking techniques will be specified on the day
- Sparring
 - 4 x 2 minute rounds (1v1)
 - 1 x 90 second round (2v1)
- Breaking
 - 2 x hand techniques
 - 2 x foot techniques
 - Techniques will be specified on the day

Theory