

# **Frontline Martial Arts**

## **Black Belt Grading Syllabus**

### **1<sup>st</sup> Dan**

Taegeuks 1 – 8  
Poomsae Koryo

One-Step Sparring  
Self-Defence Technique

Technical Free Sparring 1v1  
Technical Free Sparring 1v2

WTF-style Competition Sparring

Special Technique\*

Technical Knowledge\*

### **2<sup>nd</sup> Dan**

Taegeuks 1 – 8  
Poomsae Koryo  
Poomsae Keumgang

One-Step Sparring  
Self-Defence Technique

Technical Free Sparring 1v1  
Technical Free Sparring 1v2

WTF-style Competition Sparring

Special Technique\*

Technical Knowledge\*

### **3<sup>rd</sup> Dan**

Taegeuks 1 – 8  
Poomsae Koryo  
Poomsae Keumgang  
Poomsae Taebaek

One-Step Sparring  
Self-Defence Technique  
Knife Defence

Technical Free Sparring 1v1  
Technical Free Sparring 1v2

WTF-style Competition Sparring

Special Technique\*

Technical Knowledge\*

### **4<sup>th</sup> Dan**

Taegeuks 1 – 8  
Poomsae Koryo  
Poomsae Keumgang  
Poomsae Taebaek  
Poomsae Pyongwon

One-Step Sparring  
Self-Defence Technique  
Knife Defence  
Restraint Techniques

Technical Free Sparring 1v1  
Technical Free Sparring 1v2

WTF-style Competition Sparring

Special Technique\*

Technical Knowledge\*

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### **\*Special Technique**

Any technique or application which is not covered in the specifics of the grading syllabus but which further demonstrate your technical abilities / knowledge / application of the martial arts.

This could include

- a breaking / destruction demonstration
- a highly specialised kick (eg. split kick, 540 kick etc)
- weapons work
- techniques from a different style of martial arts
- etc ...

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### **\*Technical Knowledge**

As well as being able to perform basic techniques, you need to demonstrate a knowledge of the reasons why a technique is performed in the way it is. This includes a knowledge of the body mechanics involved, the angle of attack and alternative versions of the technique.

For 1<sup>st</sup> Dan, choose any technique and give a full description and demonstration of how and why it is performed. Treat this as if you are teaching the movement to an absolute beginner.

For 2<sup>nd</sup> Dan, choose 1 block, 1 strike and 1 kick. You will be asked to demonstrate 2 of them.

For 3<sup>rd</sup> Dan and above, as you will be called upon to teach classes on a very regular basis, you will need to have an in-depth knowledge of all techniques. So, you could be asked to demonstrate any technique from the kup grade syllabus.

In all cases, be aware of the stance that the technique is performed in, not just the technique itself.