

# 1<sup>st</sup> Degree - Grading to 2<sup>nd</sup> Degree

## Patterns:

- *Kwang-Gae*
- *Po-Eun,*
- *Ge Baek*
- *Two Choice patterns*
- *Examiner's Choice pattern*

## Partner work:

- *10 rounds of Free Sparring*
- *Participation in Point Stop sparring where you will also be required to demonstrate an ability to referee and control a ring.*

## Pre-arranged Sparring:

- *Two step sparring – Numbers 1 - 4*
- *1 step sparring of students' own choice (no takedowns for juniors).*

## Power Test:

- *Any hand technique*
- *Any jumping foot technique*

**Theory:** *All candidates will be expected to sit and pass a formal theory exam prior to the main grading on a variety of Korean terminology including current pattern interpretations. Candidates will also then be presented with a range of questions from panel members on the day of the grading.*