

# 2<sup>nd</sup> Degree - Grading to 3<sup>rd</sup> Degree

## Patterns:

- *Eui-Am*
- *Choong-Jang*
- *Juche*
- *Two Examiner's Choice Patterns*

## Partner work:

- *10 rounds of free sparring*
- *2 onto 1 free sparring*

## Pre-arranged Sparring:

- *Two step sparring – Numbers 1 through to 4*
- *1 step sparring of student's own choice which must include takedowns and releases.*

## Power Test:

- *1 Power Break*
- *1 Combination Break*

**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.*

**Teaching/Assisting hours:** *You will be given a grade around the level of support provided to your club through teaching and assisting in class. This grade will be awarded in conjunction with your Club's Chief Instructor.*