

3rd Degree - Grading to 4th Degree

Patterns:

- *Sam-Il*
- *Yoo-Sin*
- *Choi-Yong*
- *Multiple Examiners Choice Patterns*

Partner work:

- *10 rounds of free sparring*

Pre-arranged Sparring:

- *Examiners choice of 1-step, 2-step and 3-step*
- *Self Defence routines of student's own choice which must include knife defences*

Power Tests:

- *Examiners Choice of Breaks x 3*

Theory: *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 around any terminology and theoretical concepts from the Taekwondo journal.*

Service to the Club: *You will be given a grade around the level of support provided to your club through teaching, supporting demonstrations or other organised events such as competitions. This grade will be awarded in conjunction with your Club's Chief Instructor.*