

Cheongye Kwan Daehando



Dan Grading Test

2nd Dan Black Belt



STATIONARY

20X Star Squats - 20X V-Sits - 30X Press Ups - 30 X Single Leg Squat Thrusts

ADVANCE AND RETREAT

- 4 X Scissor knifehand block with obverse and reverse punch
- 4 X X-high block into cup & saucer with reverse punch
- 4 X Reverse outer Knifehand block with obverse outer Knifehand block and reverse punch

- 4 X Knifehand strike pull back into downwards backfist strike
- 4 X Palmheel strike followed by reverse punch followed by inwards elbow strike

- 4X Axe kick change to side kick (same leg)
- 4 X Hook kick then turning kick (same leg) into jump back kick
- 4 X Jump reverse kick (put behind) into slip back kick

TECHNICAL SKILL

Extend and hold a front leg Side Kick – Low, Mid, High (2 sec) – Both Legs

PATTERN

Keumgang

2 patterns of examiners choice and 1 pattern of student's choice

SPARRING

Freesparring with 2 attackers

SELF DEFENCE

Takedowns from two attackers (both with sticks)

WEAPON WORK

Basic Sai Pattern - Number Two

BREAKS

Elbow Strike Through Two Inches & Reverse Kick Through Two Inches

KOREAN PHILOSOPHY

Development & Knowledge Portfolio update
Explain your understanding and experience of Teaching or Assistant Teaching