



TAEKWONDO SYLLABUS

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The Total Taekwondo Martial Arts Syllabus is a comprehensive and well-rounded training program that encompasses all aspects of Taekwondo. It is designed to provide students with a complete understanding and mastery of this dynamic martial art form.

The syllabus is structured to cater to students of all skill levels, from beginners to advanced practitioners. It begins with a strong focus on building a solid foundation of basic techniques, including stances, punches, kicks, and blocks. Through diligent practice and repetition, students develop a strong understanding of proper form, balance, and technique execution.

As students progress through the syllabus, they are introduced to more advanced techniques and combinations, including jumping and spinning kicks, intricate footwork, and advanced self-defense maneuvers. The syllabus also incorporates various forms or patterns (known as poomsae) that serve as a way to practice and demonstrate a combination of techniques in a predetermined sequence.

In addition to the physical aspects, the syllabus also covers essential components such as sparring, self-defense, breaking techniques, and fitness training. Students are trained in effective strategies for competition sparring, learning how to apply their techniques in a controlled and competitive environment. Self-defense techniques are taught to equip students with the skills needed to protect themselves in real-life situations.

The syllabus places a strong emphasis on discipline, respect, and mental focus. Students are encouraged to cultivate a strong mindset, perseverance, and a positive attitude. Additionally, the syllabus incorporates principles of etiquette and traditional values, such as respect for instructors and fellow practitioners, and the importance of self-discipline and self-control.

Taekwondo Syllabus Overview

Current Grade		White Belt	Yellow Tag	Yellow Belt	Green Tag	Green Belt	Blue Tag	Blue Belt	Red Tag	Red Belt	Black Tag	Black Belt	Black Belt	Black Belt
		10 Kup	9 Kup	8 Kup	7 Kup	6 Kup	5 Kup	4 Kup	3 Kup	2 Kup	1 Kup	1st Dan	2nd Dan	3rd Dan
	Pad Work	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
	141 Kicking	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	1 Step	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Self Defence	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Sparring			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Basics	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
	Kicking	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
	Board Breaking	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Terminology	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Il Jang	T1			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Ee Jang	T2				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sam Jang	T3					✓	✓	✓	✓	✓	✓	✓	✓	✓
Sa Jang	T4						✓	✓	✓	✓	✓	✓	✓	✓
Oh Jang	T5							✓	✓	✓	✓	✓	✓	✓
Yuk Jang	T6								✓	✓	✓	✓	✓	✓
Chil Jang	T7									✓	✓	✓	✓	✓
Pal Jang	T8										✓	✓	✓	✓
	Koryo											✓	✓	✓
	Geumgang												✓	✓
	Taebaek													✓
	Pyongwon													
	First Aid Course										✓	✓	✓	✓
	Refereeing Course										✓	✓	✓	✓
	Coaching Experience										✓	✓	✓	✓
	Written Statement									✓	✓	✓	✓	✓

Dedication in martial arts at Total Taekwondo is highly valued and plays a crucial role in the development of students. It is a quality that is instilled and encouraged throughout the training process. Here's why dedication is essential at Total Taekwondo and why waiting between gradings is important:

Mastery of Techniques: Martial arts, including Taekwondo, involve mastering a wide range of techniques and skills. Dedication is vital because it takes time and consistent effort to develop proficiency in these techniques. Waiting between gradings allows students to practice and refine their techniques, ensuring that they have a solid foundation before progressing to the next level. It allows for a deeper understanding and mastery of the material being taught.

Physical and Mental Development: Dedication in martial arts goes beyond just physical training. It requires mental focus, discipline, and perseverance. Waiting between gradings gives students the opportunity to cultivate these qualities. It allows them to build physical fitness, develop mental resilience, and enhance their overall martial arts abilities. It also teaches patience and the value of hard work, as progress is not instant but earned through dedication and effort.

Building Character and Values: Total Taekwondo places a strong emphasis on character development and instilling core values such as respect, discipline, and humility. Waiting between gradings provides an opportunity for students to internalize and demonstrate these values. It allows time for students to reflect on their progress, set goals, and work towards them with integrity and dedication. It reinforces the importance of consistent effort and the rewards that come from perseverance.

Ensuring Proficiency and Safety: Gradings in martial arts are not just about moving up in rank; they also serve as a measure of a student's skill level. Waiting between gradings allows instructors to assess each student's progress and ensure they have acquired the necessary skills and knowledge for the next level. It helps maintain a standard of proficiency and safety within the training environment. By waiting between gradings, students are better prepared for the challenges and responsibilities that come with advancing in rank.

In conclusion, dedication in martial arts at Total Taekwondo is vital for personal growth, skill development, and character building. Waiting between gradings allows students to fully embrace the journey, refine their techniques, and demonstrate their commitment to the art. It ensures that students progress at a pace that is appropriate for their skill level, maintaining the integrity and standards of Total Taekwondo.

Time Requirements to grade.

The amount of time needed to wait before student grades.

- White Belt | 3 Months
- Yellow Tag | 3 months
- Yellow Belt | 3 Months
- Green Tag | 3 Months
- Green Belt | 3 Months
- Blue Tag | 3 Months
- Blue Belt | 3 Months
- Red Tag | 6 Months
- Red Belt | 6 Months
- Black Tag | 6 Months
- Black Belt | 1 year
- 2nd Dan Black Belt | 2 years
- 3rd Dan Black Belt | 3 years
- 4th Dan Black Belt | 4 Years
- 5th Dan Black Belt | 5 Years

Black Tags and Black Belts also require the following:

1. First Aid course
2. Corner Judging course
3. Coaching experience
4. Written Statement

Taekwondo Tots

Taekwondo Tots will be awarded stripes on their belts to indicate a mastered skill for their grade.



White Belt (10th Kup)

Skill	Requirement
Pad Work	Back Leg angle kicks with movement
1-4-1 Kicking	1-4-1 Kicking no contact
Basics	Sitting stance, double punch / front kick spreading block Low, mid (inward & outward), high block in long stance
Kicking	Front, Push, Axe Kick on the spot & Moving up the Dojang
Poomsae	N/A
Board Breaking	Push Kick
Fitness	10x Press ups 10x sit ups 10x Burpees 10 x Star Jumps 10x Tuc Jumps

Yellow Tag (9th Kup)

Skill	Requirement
Pad Work	Attacking and Defending Checks
1-4-1 Kicking	1-4-1 Kicking no contact
Basics	Sitting stance, double punch / front kick spreading block Low, mid (inward & outward), high block in long stance, reverse punch
Kicking	Side Kick, Turning Kick, Crescent Kick on the spot and up the Dojang
Poomsae	N/A
Board Breaking	Side Kick
Fitness	20x Press ups 20x sit ups 20x Burpees 20x Star Jumps 20x Tuc Jumps

Yellow Belt (8th Kup)

Skill	Requirement
Pad Work	Attacking and Defending Check followed by back leg angle kick
1-4-1 Kicking	1-4-1 Kicking light contact
Sparring	Class light sparring
Basics	Double Mid Section Knife hand guarding block in Back stance Single Mid section outur forearm kifehand block in back stance Mid Section Spear hand strike in long stance
Kicking	Front, Push, Axe Kick, Side Kick, Turning Kick, Crescent Kick
Poomsae	Il Jang
Board Breaking	Axe Kick
Fitness	30x Press ups 30x sit ups 30x Burpees 30x Star Jumps 30x Tuc Jumps

Green Tag (7th Kup)

Skill	Requirement
Pad Work	Attacking and defending, Check Kick Followed By Back Kick
1-4-1 Kicking	1-4-1 Kicking Light
Sparring	Class light sparring.
1 Step	5 Basic Techniques Showing basic blocks (counter attack with strikes)
Self Defence	Releases from Grabs, Straight, Cross arm & Throat - Showing the release & Counter Strike
Basics	Advancing any blocking or striking technique
Kicking	Combination Kicks
Poomsae	Il Jang, EE Jang
Board Breaking	Back Kick
Fitness	40x Press ups 40x sit ups 40x Burpees 40x Star Jumps 40x Tuc Jumps
Gum Shield	REQUIRED

Green Belt (6th Kup)

Skill	Requirement
Pad Work	Attacking Leg Control, Check Turn
1-4-1 Kicking	1-4-1 Kicking Light Contact 3x1 minute rounds
Sparring	Class light sparring. 3x1 minute round
1 Step	5 Basic Techniques Showing basic blocks (counter attack with strikes + Kicks)
Self Defence	Releases from Grabs, Straight, Cross arm & Throat - Showing the release & Counter Strike
Basics	Advancing any blocking or striking technique
Kicking	Combination Kicks
Poomsae	Il Jang, EE Jang, Sam Jang
Board Breaking	Step Back Kick
Fitness	50x Press ups 50x sit ups 50x Burpees 50x Star Jumps 50x Tuc Jumps
Gum Shield	REQUIRED

Blue Tag (5th Kup)

Skill	Requirement
Pad Work	Attacking Front Leg Axe Kick followed by back leg angle kick
1-4-1 Kicking	1-4-1 Kicking Light Contact 3x1 minute rounds
Sparring	Class light sparring. 3x1 minute round
1 Step	One Step showing 5 basic blocks and counterstrikes + Choke
Self Defence	Releases from grabs, Wrist and Collar grabs, front facing + Counterstrikes + Chokes
Basics	Advancing any blocking or striking technique
Kicking	Combination Kicks
Poomsae	Il Jang, EE Jang, Sam Jang, Sa Jang
Board Breaking	Skip Back Kick
Fitness	60x sit ups 60x Burpees 60x Tuc Jumps
Gum Shield	REQUIRED

Blue Belt (4th Kup)

Skill	Requirement
Pad Work	Attacking 360 Angle Kick
1-4-1 Kicking	1-4-1 Kicking Light Contact 3x1 minute rounds
Sparring	Class light sparring. 3x1 minute round
1 Step	One Step, Basic 1-5 including takedowns
Self Defence	Releases from grabs, Wrist and Collar grabs, front & Back Grabs
Basics	Advancing any blocking or striking technique
Kicking	Combination Kicks
Poomsae	Il Jang, EE Jang, Sam Jang, Sa Jang, Oh Jang
Board Breaking	Reverse Kick
Fitness	70x sit ups 70x Burpees 70x Tuc Jumps
Gum Shield	REQUIRED

Red Tag (3rd Kup)

Skill	Requirement
Pad Work	Pad Sparring
1-4-1 Kicking	1-4-1 Kicking Light Contact 3x1.5 minute rounds
Sparring	Class light sparring. 3x1.5 minute round
1 Step	One Step
Self Defence	Releases from grabs
Basics	Advancing any blocking or striking technique (minimum of 10 different techniques)
Kicking	Combination Kicks
Poomsae	Il Jang, EE Jang, Sam Jang, Sa Jang, Oh Jang, Yuk Jang
Board Breaking	Two Directional Brake, Elbow to Side Kick
Fitness	80x sit ups 80x Burpees 80x Tuc Jumps
Gum Shield	REQUIRED

Red Belt (1st Kup)

Skill	Requirement
Pad Work	Pad Sparring & All Previous
1-4-1 Kicking	1-4-1 Kicking Light Contact 3x2 minute rounds
Sparring	Class light sparring. 3x2 minute round
1 Step	One Step
Self Defence	Releases from grabs
Basics	Advancing any blocking or striking technique (minimum of 10 different techniques)
Kicking	Combination Kicks
Poomsae	Il Jang, EE Jang, Sam Jang, Sa Jang, Oh Jang, Yuk Jang, Chil Jang
Board Breaking	Two Directional Break, Downward Hammerfisst Strike to Axe Kick
Fitness	25x Press ups 90x sit ups 90x Burpees 25x Star Jumps 90x Tuc Jumps
Gum Shield	REQUIRED
Written Statement	What does taekwondo mean to you? What does it mean to become a black tag?

As you progress through the Taekwondo syllabus and reach the Green Tag and above levels, it becomes increasingly important to take responsibility for your own safety and well-being by purchasing your own protective equipment. This includes essential gear such as a gum shield, headguard, body armour, forearm and shin guards, and gloves.

Having your own protective equipment is crucial for several reasons. First and foremost, it ensures your safety during sparring sessions and other high-intensity training, minimizing the risk of injury while still allowing you to fully engage with the techniques and exercises that are part of your development. While the club may provide some shared equipment, personal gear offers a much better fit, increased comfort, and a sense of security, allowing you to perform at your best without distraction. Well-fitted gear will help you move freely and confidently during sparring, which is vital for your growth as a martial artist.

By investing in your own protective equipment, you also show a commitment to your own training and progress in Taekwondo. It demonstrates a level of responsibility and maturity in understanding that as you advance in your belt rank, the intensity of your training and sparring will increase, and it is essential to be properly prepared. Furthermore, owning your own gear ensures that it is always clean, well-maintained, and ready for use, so you never have to worry about hygiene or subpar equipment when it's time to train or compete.

Having the right protective equipment not only safeguards you physically, but it also enhances your mental focus, allowing you to concentrate on perfecting your techniques and improving your skills. With the proper gear, you can participate in sparring with confidence, knowing that you're protected and ready to push your limits safely. Remember, as a Green Tag student and beyond, you are not just learning techniques but also demonstrating the discipline, responsibility, and respect that Taekwondo instills in its practitioners. Owning your protective gear is an important part of this journey and a key step towards becoming a more dedicated and focused martial artist.

You can purchase protective equipment on our website.

www.totaltaekwondo.co.uk/shop

Black Tag

Technique	Minimum Testing Requirement	Assessment criteria
PATTERNS POOMSAE	Pal Jang Candidates will also be asked to perform all previous patterns	<ul style="list-style-type: none"> • Posture • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRIN ONE STEP The same technique must be defended both left and right hand attacks. Either from Junibi or low Block.	ONE STEP SPARRING x5 Candidates will be asked to perform a minimum of 5 x step sparring techniques including: <ul style="list-style-type: none"> • at least one featuring a take-down • at least one featuring a restraint • at least one featuring a kicking technique 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE	DEFENCE AGAINST ATTACKS x 5 Candidates will be asked to perform a minimum of 5 x escapes and counter attacks against an opponent. Defending candidates must perform a range of defensive strategies with: <ul style="list-style-type: none"> • At least one featuring a wrist lock • At least one featuring a pressure point • At least one featuring the restraining an opponent 	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration and additional self defence techniques may be substituted.	1 FOR 1 KICKING EXERCISE x 1 minute Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot	<ul style="list-style-type: none"> • Posture & Breathing • Technique • Accuracy • Fluency of movement
FREE SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.	CONTROLLED SPARRING - 2 x 1 minute Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes	<ul style="list-style-type: none"> • Posture & Breathing • Threat awareness & thought • Reaction speed • Use of space and movement • Fluency • Technique & Accuracy • Concentration & Spirit
DESTRUCTION 16 years+ Board break 15 years- Foam board strike	2 WAY SPECIAL TECHNIQUE Candidates will be asked to perform a 2 way technique of their own choice and will have up to 2 attempts	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between boards • Accuracy • Power
COACHING Ages 12 + Only	15 HOURS COACHING Candidates must complete coaching hours at Total Taekwondo.	<ul style="list-style-type: none"> • Communication • Energy • Confidence • Integrity • Commitment
COURSES	FIRST AID & CORNER JUDGING COURSE Candidate must complete both courses prior to examination	<ul style="list-style-type: none"> • Communication • Energy • Confidence • Integrity • Commitment
WRITTEN STATEMENT	MINIMUM 500 WORDS What does taekwondo mean to the candidate?	<ul style="list-style-type: none"> • Commitment

1st Dan Black Belt

Technique	Minimum Testing Requirement	Assessment criteria
PATTERNS POOMSAE	KORYO Candidates will also be asked to perform all previous patterns	<ul style="list-style-type: none"> • Posture • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING ONE STEP The same technique must be defended both left and right hand attacks. Either from Junibi or low Block.	ONE STEP SPARRING x5 Candidates will be asked to perform a minimum of 5 x step sparring techniques including: <ul style="list-style-type: none"> • at least one featuring a take-down • at least one featuring a restraint • at least one featuring a kicking technique 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE	DEFENCE AGAINST ATTACKS x 6 Candidates will be asked to perform a minimum of 5 x escapes and counter attacks against an opponent. Defending candidates must perform a range of defensive strategies with: <ul style="list-style-type: none"> • At least one featuring a wrist lock • At least one featuring a pressure point • At least two featuring the restraining an opponent 	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration and additional self defence techniques may be substituted.	1 FOR 1 KICKING EXERCISE x 1 minute Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot	<ul style="list-style-type: none"> • Posture & Breathing • Technique • Accuracy • Fluency of movement
FREE SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.	CONTROLLED SPARRING - 2 x 1 minute Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes	<ul style="list-style-type: none"> • Posture & Breathing • Threat awareness & thought • Reaction speed • Use of space and movement • Fluency • Technique & Accuracy • Concentration & Spirit
DESTRUCTION 16 years+ Board break 15 years- Foam board strike	3 WAY SPECIAL TECHNIQUE Candidates will be asked to perform a 3 way technique of their own choice and will have up to 2 attempts	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between boards • Accuracy • Power
COACHING Ages 12 + Only	15 HOURS COACHING Candidates must complete coaching hours at Total Taekwondo.	<ul style="list-style-type: none"> • Communication • Energy • Confidence • Integrity • Commitment
COURSES	FIRST AID & CORNER JUDGING COURSE Candidate must complete both courses prior to examination	<ul style="list-style-type: none"> • Communication • Energy • Confidence • Integrity • Commitment
WRITTEN STATEMENT	MINIMUM 500 WORDS Where did taekwondo come from and how did it evolve into an olympic sport?	<ul style="list-style-type: none"> • Commitment

2nd Dan Black Belt

Technique	Minimum Testing Requirement	Assesment criteria
PATTERNS POOMSAE	GEUMGANG Candidates will also be asked to perform all previous patterns	<ul style="list-style-type: none"> • Posture • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING ONE STEP The same technique must be defended both left and right hand attacks. Either from Junibi or low Block.	ONE STEP SPARRING x5 Candidates will be asked to perform a minimum of 5 x step sparring techniques including: <ul style="list-style-type: none"> • at least one featuring a take-down • at least one featuring a restraint • at least one featuring a kicking technique 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE	DEFENCE AGAINST ATTACKS x 6 Candidates will be asked to perform a minimum of 5 x escapes and counter attacks against an opponent. Defending candidates must perform a range of defensive strategies with: <ul style="list-style-type: none"> • At least one featuring a wrist lock • At least one featuring a pressure point • At least two featuring the restraining an opponent 	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
KNIFE DEFENCE Opponents can attack: <ul style="list-style-type: none"> • 2 times using straight thrust • 2 times using side to side slash • 2 times using downward strike 	DEFENCE AGAINST KNIFE ATTACK X 6 Defending candidates will be asked to perform a range of defensive strategies, disarming the opponent each time with: <ul style="list-style-type: none"> • At least one featuring a wrist lock • At least one knocking the knife away • At least one featuring the restraining and pacification of an opponent on the ground 	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Threat awareness • Reaction speed • Technique • Accuracy of block / parry • Fluency of movement • Control over opponent
SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration and additional self defence techniques may be substituted.	1 FOR 1 KICKING EXERCISE x 1 minute Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot	<ul style="list-style-type: none"> • Posture & Breathing • Technique • Accuracy • Fluency of movement
FREE SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.	CONTROLLED SPARRING - 2 x 1 minute Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes	<ul style="list-style-type: none"> • Posture & Breathing • Threat awareness & thought • Reaction speed • Use of space and movement • Fluency • Technique & Accuracy • Concentration & Spirit
DESTRUCTION 16 years+ Board break 15 years- Foam board strike	4 WAY SPECIAL TECHNIQUE Candidates will be asked to perform a 4 way technique of their own choice and will have up to 4 attempts	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between boards • Accuracy • Power
COACHING Ages 12 + Only	15 HOURS COACHING Candidates must complete coaching hours at Total Taekwondo.	<ul style="list-style-type: none"> • Communication • Energy • Confidence • Integrity • Commitment
COURSES	FIRST AID & CORNER JUDGING COURSE Candidate must complete both courses prior to examination	<ul style="list-style-type: none"> • Communication • Energy • Confidence • Integrity • Commitment
WRITTEN STATEMENT	MINIMUM 500 WORDS What are the 5 tenets of Taekwondo and how do they impact your every day life?	<ul style="list-style-type: none"> • Commitment

3rd Dan Black Belt

Technique	Minimum Testing Requirement	Assessment criteria
PATTERNS POOMSAE	TAEBAEK Candidates will also be asked to perform all previous patterns	<ul style="list-style-type: none"> • Posture • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING ONE STEP The same technique must be defended both left and right hand attacks. Either from Junibi or low Block.	ONE STEP SPARRING x5 Candidates will be asked to perform a minimum of 5 x step sparring techniques including: <ul style="list-style-type: none"> • at least one featuring a take-down • at least one featuring a restraint • at least one featuring a kicking technique 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE	DEFENCE AGAINST ATTACKS x 5 Candidates will be asked to perform a minimum of 5 x escapes and counterattacks against an opponent. Defending candidates should aim to demonstrate a range of defensive strategies featuring wrist locks, pressure points and the restraining / pacification of the opponent	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
KNIFE & BATON DEFENCE Opponent can attack with knife: <ul style="list-style-type: none"> • 2 times using straight thrust • 2 times using side to side slash • 1 time using downward strike 	DEFENCE AGAINST KNIFE ATTACK X 5 DEFENCE AGAINST BATON ATTACK X 5 Defending candidates should aim to demonstrate a range of defensive strategies that disarm the opponent each time and include wrist locks, knocking the knife / baton away and the restraining pacification of the opponent on the ground	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Threat awareness • Reaction speed • Technique • Accuracy of block / parry • Fluency of movement • Control over opponent
SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration and additional self defence techniques may be substituted.	1 FOR 1 KICKING EXERCISE x 1 minute Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot	<ul style="list-style-type: none"> • Posture & Breathing • Technique • Accuracy • Fluency of movement
FREE SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.	CONTROLLED SPARRING - 2 x 1 minute Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes	<ul style="list-style-type: none"> • Posture & Breathing • Threat awareness & thought • Reaction speed • Use of space and movement • Fluency • Technique & Accuracy • Concentration & Spirit
DESTRUCTION 16 years+ Board break 15 years- Foam board strike	4 WAY SPECIAL TECHNIQUE Candidates will be asked to perform a 4 way technique of their own choice and will have up to 4 attempts	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between boards • Accuracy • Power
COACHING Ages 12 + Only	15 HOURS COACHING Candidates must complete coaching hours at Total Taekwondo.	<ul style="list-style-type: none"> • Communication • Energy • Confidence • Integrity • Commitment
COURSES	FIRST AID & CORNER JUDGING COURSE Candidate must complete both courses prior to examination	<ul style="list-style-type: none"> • Communication • Energy • Confidence • Integrity • Commitment
WRITTEN STATEMENT	MINIMUM 500 WORDS Explain how Taekwondo develops ones mind and body through the years of training.	<ul style="list-style-type: none"> • Commitment