#### **GASSOR’S**

#### **TAEKWON-DO WALES**

#### **BLACK BELT GRADING SYLLABUS**


###### Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

###### Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

###### Instructor\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chief Instructor –**

**Senior Master Gary Gassor 8th Degree Black Belt**

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[*www.mafcmartialarts.com*](http://www.mafcmartialarts.com)

**GASSOR’S TAEKWON-DO WALES**

**1st Degree Black Belt to**

**1st Degree Black Belt Phase 1**

**Fitness**

* 50 Press Ups
* 50 Sit Ups
* 50 Squats

**Patterns**

* All Patterns from

 Chon-Ji up to Kwang-Gae

**Set Sparring**

* 1 Step Sparring: Basic
* Examiners choice of previous

1 Step Sparring, 2 Step Sparring

 and 3 Step Sparring

**Measuring**

* Examiners choice of Kicks

**Breaking**

* Please see page overleaf for

 UK ITF Destruction Syllabus

**Self Defence**

* Examiners choice of attacks

With Student’s choice of defence

**Kicking Techniques, Jumping Kicks & Combinations**

* Examiners choice of Kicks
* Examiners choice of

Jumping Kicks

* Student’s choice of their

favourite Kick

* Student’s choice of their

favourite Combination

* Kicking Form 1

**Free Sparring**

**2 against 1 Sparring**

**All 1st Degree Phase 1**

**Students must know:**

* The meanings of all Patterns from Chon-Ji up to Kwang-Gae
* The number of movements in

all Patterns up to Kwang-Gae

* What each colour belt signifies from White Belt to Black Belt

**Multi-Choice Test**

* Test to take place on the

 Pre-Grading Day

 **(Black Belt pass rate = 80%)**

**UK ITF**

**1ST DEGREE BLACK BELT**

**DESTRUCTION (BREAKING) SYLLABUS**

* **Student’s choice of Hand Technique Left & Right Hand**
* **Student’s choice of Leg Technique Left & Right Leg**
* **Choice of Jumping/Flying Technique Left & Right Leg**

***Students 13 & under will be required to break the following:***

***Male & Female:*** *Hand ½”, Foot ½”, Foot ½”*

***Students 14 - 17 years will be required to break the following:***

***Male -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Foot 1”*

***Female +55kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Students 18+ will be required to break the following:***

***Male -70kg:*** *Hand 1”, Foot 1½”, Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Female +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

**Please speak to your Instructor in advance about your choices for Breaking with wood or breaking boards**

**On the Pre-Grading and Grading**

**GASSOR’S TAEKWON-DO WALES**

**1st Degree Black Belt Phase 1 to**

**1st Degree Black Belt Phase 2**

**Fitness**

* 50 Press Ups
* 50 Sit Ups
* 50 Squats

**Patterns**

* All Patterns from

 Chon-Ji up to Po-Eun

**Set Sparring**

* 1 Step Sparring: Advanced
* Examiners choice of previous

1 Step Sparring, 2 Step Sparring

 and 3 Step Sparring

**Measuring**

* Examiners choice of Kicks

**Breaking**

* Please see page overleaf for

 UK ITF Destruction Syllabus

**Self Defence**

* Examiners choice of attacks

With Student’s choice of defence

**Kicking Techniques, Jumping Kicks & Combinations**

* Examiners choice of Kicks
* Examiners choice of

Jumping Kicks

* Student’s choice of their

favourite Kick

* Student’s choice of their

favourite Combination

* Kicking Form 2

**Free Sparring**

**2 against 1 Sparring**

**All 1st Degree Phase 1**

**Students must know:**

* The meanings of all Patterns from Chon-Ji up to Po-Eun
* The number of movements in

all Patterns up to Po-Eun

* What each colour belt signifies from White Belt to Black Belt

**Multi-Choice Test**

* Test to take place on the

 Pre-Grading Day

 **(Black Belt pass rate = 80%)**

**UK ITF**

**1ST DEGREE BLACK BELT**

**DESTRUCTION (BREAKING) SYLLABUS**

* **Student’s choice of Hand Technique Left & Right Hand**
* **Student’s choice of Leg Technique Left & Right Leg**
* **Choice of Jumping/Flying Technique Left & Right Leg**

***Students 13 & under will be required to break the following:***

***Male & Female:*** *Hand ½”, Foot ½”, Foot ½”*

***Students 14 - 17 years will be required to break the following:***

***Male -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Foot 1”*

***Female +55kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Students 18+ will be required to break the following:***

***Male -70kg:*** *Hand 1”, Foot 1½”, Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Female +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

**Please speak to your Instructor in advance about your choices for Breaking with wood or breaking boards**

**On the Pre-Grading and Grading**

**GASSOR’S TAEKWON-DO WALES**

**1st Degree Black Belt Phase 2 to**

**1st Degree Black Belt Phase 3**

**Fitness**

* 50 Press Ups
* 50 Sit Ups
* 50 Squats

**Patterns**

* All Patterns from

 Chon-Ji up to Ga-Baek

**Set Sparring**

* 1 Step Sparring: Model
* Examiners choice of previous

1 Step Sparring, 2 Step Sparring

 and 3 Step Sparring

**Measuring**

* Examiners choice of Kicks

**Breaking**

* Please see page overleaf for

 UK ITF Destruction Syllabus

**Self Defence**

* Examiners choice of attacks

With Student’s choice of defence

**Kicking Techniques, Jumping Kicks & Combinations**

* Examiners choice of Kicks
* Examiners choice of

Jumping Kicks

* Student’s choice of their

favourite Kick

* Student’s choice of their

favourite Combination

* Kicking Form 1
* Kicking Form 2

**Free Sparring**

**2 against 1 Sparring**

**All 1st Degree Phase 2**

**Students must know:**

* The meanings of all Patterns from Chon-Ji up to Ga-Baek
* The number of movements in

all Patterns up to Ga-Baek

* What each colour belt signifies from White Belt to Black Belt

**Multi-Choice Test**

* Test to take place on the

 Pre-Grading Day

 **(Black Belt pass rate = 80%)**

**UK ITF**

**1ST DEGREE BLACK BELT**

**DESTRUCTION (BREAKING) SYLLABUS**

* **Student’s choice of Hand Technique Left & Right Hand**
* **Student’s choice of Leg Technique Left & Right Leg**
* **Choice of Jumping/Flying Technique Left & Right Leg**

***Students 13 & under will be required to break the following:***

***Male & Female:*** *Hand ½”, Foot ½”, Foot ½”*

***Students 14 - 17 years will be required to break the following:***

***Male -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Foot 1”*

***Female +55kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Students 18+ will be required to break the following:***

***Male -70kg:*** *Hand 1”, Foot 1½”, Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Female +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

**Please speak to your Instructor in advance about your choices for Breaking with wood or breaking boards**

**On the Pre-Grading and Grading**

**GASSOR’S TAEKWON-DO WALES**

**1st Degree Black Belt Phase 3 to**

**2nd Degree Black Belt**

**Fitness**

* 50 Press Ups
* 50 Sit Ups
* 50 Squats

**Patterns**

* All Patterns from

 Chon-Ji up to Ga-Baek

**Set Sparring**

* 1 Step Sparring: Basic
* 1 Step Sparring: Advanced
* 1 Step Sparring: Model
* Examiners choice of 2 Step Sparring and 3 Step Sparring

**Measuring**

* Examiners choice of Kicks

**Breaking**

* Please see page overleaf for

 UK ITF Destruction Syllabus

**Self Defence**

* Examiners choice of attacks

With Student’s choice of defence

**Kicking Techniques, Jumping Kicks & Combinations**

* Examiners choice of Kicks
* Examiners choice of

Jumping Kicks

* Student’s choice of their

favourite Kick

* Student’s choice of their

favourite Combination

* Kicking Form 1
* Kicking Form 2

**Free Sparring**

**2 against 1 Sparring**

**All 1st Degree Phase 3**

**Students must know:**

* The meanings of all Patterns from Chon-Ji up to Ga-Baek
* The number of movements in

all Patterns up to Ga-Baek

* What each colour belt signifies from White Belt to Black Belt

**Multi-Choice Test**

* Test to take place on the

 Pre-Grading Day

 **(Black Belt pass rate = 80%)**

**UK ITF**

**1ST DEGREE BLACK BELT**

**DESTRUCTION (BREAKING) SYLLABUS**

* **Student’s choice of Hand Technique Left & Right Hand**
* **Student’s choice of Leg Technique Left & Right Leg**
* **Choice of Jumping/Flying Technique Left & Right Leg**

***Students 13 & under will be required to break the following:***

***Male & Female:*** *Hand ½”, Foot ½”, Foot ½”*

***Students 14 - 17 years will be required to break the following:***

***Male -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Foot 1”*

***Female +55kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Students 18+ will be required to break the following:***

***Male -70kg:*** *Hand 1”, Foot 1½”, Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Female +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

**Please speak to your Instructor in advance about your choices for Breaking with wood or breaking boards**

**On the Pre-Grading and Grading**

**GASSOR’S TAEKWON-DO WALES**

**2nd Degree Black Belt to**

**2nd Degree Black Belt Phase 1**

**Fitness**

* 50 Press Ups
* 50 Sit Ups
* 50 Squats

**Patterns**

* All Patterns from

Chon-Ji up to Eui-Am

**Set Sparring**

* 1 Step Sparring: Basic
* 1 Step Sparring: Advanced
* 1 Step Sparring: Model
* 1 Step: Foot Sparring
* Examiners choice of 2 Step Sparring and 3 Step Sparring

**Measuring**

* Examiners choice of Kicks

**Breaking**

* Please see page overleaf for

 UK ITF Destruction Syllabus

**Self Defence**

* Examiners choice of attacks

**Kicking Techniques, Jumping Kicks & Combinations**

* Examiners choice of Kicks
* Examiners choice of

Jumping Kicks

* Student’s choice of their

favourite Kick

* Student’s choice of their

favourite Combination

* Kicking Form 1
* Kicking Form 2

**Free Sparring**

**2 against 1 Sparring**

.

**All 2nd Degree students must know:**

* The meanings of all Patterns up to Eui-Am
* The number of movements in all Patterns up to Eui-Am
* What each colour belt signifies from White Belt to Black Belt

**Multi-Choice Test**

* Test to take place on the

 Pre-Grading Day

 **(Black Belt pass rate = 90%)**

**UK ITF**

**2ND DEGREE BLACK BELT**

**DESTRUCTION (BREAKING) SYLLABUS**

* **Student’s choice of Hand Technique Left & Right Hand**
* **Choice of Jumping/Flying Technique Left & Right Leg**
* **Back Piercing Kick Left & Right Leg**

***Students 13 & under will be required to break the following:***

***Male & Female:*** *Hand ½”, Foot ½”, Foot ½”*

***Students 14 - 17 years will be required to break the following:***

***Male -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Foot 1”*

***Female +55kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Students 18+ will be required to break the following:***

***Male -70kg:*** *Hand 1”, Foot 1½”, Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Female +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

**Please speak to your Instructor in advance about your choices for Breaking with wood or breaking boards**

**On the Pre-Grading and Grading**

**GASSOR’S TAEKWON-DO WALES**

**2nd Degree Black Belt Phase 1 to**

**2nd Degree Black Belt Phase 2**

**Fitness**

* 50 Press Ups
* 50 Sit Ups
* 50 Squats

**Patterns**

* All Patterns from

Chon-Ji up to Choong-Jang

**Set Sparring**

* 1 Step Sparring: Basic
* 1 Step Sparring: Advanced
* 1 Step Sparring: Model
* 1 Step: Foot Sparring
* Examiners choice of 2 Step Sparring and 3 Step Sparring

**Measuring**

* Examiners choice of Kicks

**Breaking**

* Please see page overleaf for

 UK ITF Destruction Syllabus

**Self Defence**

* Examiners choice of attacks

**Kicking Techniques, Jumping Kicks & Combinations**

* Examiners choice of Kicks
* Examiners choice of

Jumping Kicks

* Student’s choice of their

favourite Kick

* Student’s choice of their

favourite Combination

* Kicking Form 1
* Kicking Form 2

**Free Sparring**

**2 against 1 Sparring**

.

**All 2nd Degree students must know:**

* The meanings of all Patterns

up to Choong-Jang

* The number of movements in all Patterns up to Choong-Jang
* What each colour belt signifies from White Belt to Black Belt

**Multi-Choice Test**

* Test to take place on the

 Pre-Grading Day

 **(Black Belt pass rate = 90%)**

**UK ITF**

**2ND DEGREE BLACK BELT**

**DESTRUCTION (BREAKING) SYLLABUS**

* **Student’s choice of Hand Technique Left & Right Hand**
* **Choice of Jumping/Flying Technique Left & Right Leg**
* **Back Piercing Kick Left & Right Leg**

***Students 13 & under will be required to break the following:***

***Male & Female:*** *Hand ½”, Foot ½”, Foot ½”*

***Students 14 - 17 years will be required to break the following:***

***Male -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Foot 1”*

***Female +55kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Students 18+ will be required to break the following:***

***Male -70kg:*** *Hand 1”, Foot 1½”, Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Female +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

**Please speak to your Instructor in advance about your choices for Breaking with wood or breaking boards**

**On the Pre-Grading and Grading**

**GASSOR’S TAEKWON-DO WALES**

**2nd Degree Black Belt Phase 2 to**

**2nd Degree Black Belt Phase 3**

**Fitness**

* 50 Press Ups
* 50 Sit Ups
* 50 Squats

**Patterns**

* All Patterns from

Chon-Ji up to Kodang

**Set Sparring**

* 1 Step Sparring: Basic
* 1 Step Sparring: Advanced
* 1 Step Sparring: Model
* 1 Step: Foot Sparring
* Examiners choice of 2 Step Sparring and 3 Step Sparring

**Measuring**

* Examiners choice of Kicks

**Breaking**

* Please see page overleaf for

 UK ITF Destruction Syllabus

**Self Defence**

* Examiners choice of attacks

With student’s choice of defence

**Kicking Techniques, Jumping Kicks & Combinations**

* Examiners choice of Kicks
* Examiners choice of

Jumping Kicks

* Student’s choice of their

favourite Kick

* Student’s choice of their

favourite Combination

* Kicking Form 1
* Kicking Form 2

**Free Sparring**

**2 against 1 Sparring**

.

**All 2nd Degree students must know:**

* The meanings of all Patterns from Chon-Ji up to Kodang
* The number of movements in

 all Patterns up to Kodang

* What each colour belt signifies from White Belt to Black Belt

**Multi-Choice Test**

* Test to take place on the

 Pre-Grading Day

 **(Black Belt pass rate = 90%)**

**UK ITF**

**2ND DEGREE BLACK BELT**

**DESTRUCTION (BREAKING) SYLLABUS**

* **Student’s choice of Hand Technique Left & Right Hand**
* **Choice of Jumping/Flying Technique Left & Right Leg**
* **Back Piercing Kick Left & Right Leg**

***Students 13 & under will be required to break the following:***

***Male & Female:*** *Hand ½”, Foot ½”, Foot ½”*

***Students 14 - 17 years will be required to break the following:***

***Male -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Foot 1”*

***Female +55kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Students 18+ will be required to break the following:***

***Male -70kg:*** *Hand 1”, Foot 1½”, Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Female +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

**Please speak to your Instructor in advance about your choices for Breaking with wood or breaking boards**

**On the Pre-Grading and Grading**

**GASSOR’S TAEKWON-DO WALES**

**2nd Degree Black Belt Phase 3 to**

**3rd Degree Black Belt**

**Fitness**

* 50 Press Ups
* 50 Sit Ups
* 50 Squats

**Patterns**

* All Patterns from

Chon-Ji up to Kodang

**Set Sparring**

* 1 Step Sparring: Basic
* 1 Step Sparring: Advanced
* 1 Step Sparring: Model
* 1 Step: Foot Sparring
* Examiners choice of 2 Step Sparring and 3 Step Sparring

**Measuring**

* Examiners choice of Kicks

**Breaking**

* Please see page overleaf for

 UK ITF Destruction Syllabus

**Self Defence**

* Examiners choice of attacks

With student’s choice of defence

**Kicking Techniques, Jumping Kicks & Combinations**

* Examiners choice of Kicks
* Examiners choice of

Jumping Kicks

* Student’s choice of their

favourite Kick

* Student’s choice of their

favourite Combination

* Kicking Form 1
* Kicking Form 2

**Free Sparring**

**2 against 1 Sparring**

.

**All 2nd Degree students must know:**

* The meanings of all Patterns from Chon-Ji up to Kodang
* The number of movements in

 all Patterns up to Kodang

* What each colour belt signifies from White Belt to Black Belt

**Multi-Choice Test**

* Test to take place on the

 Pre-Grading Day

 **(Black Belt pass rate = 90%)**

**UK ITF**

**2ND DEGREE BLACK BELT**

**DESTRUCTION (BREAKING) SYLLABUS**

* **Student’s choice of Hand Technique Left & Right Hand**
* **Choice of Jumping/Flying Technique Left & Right Leg**
* **Back Piercing Kick Left & Right Leg**

***Students 13 & under will be required to break the following:***

***Male & Female:*** *Hand ½”, Foot ½”, Foot ½”*

***Students 14 - 17 years will be required to break the following:***

***Male -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Male +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

***Female -55kg:*** *Hand ½”, Foot ½”, Foot 1”*

***Female +55kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Students 18+ will be required to break the following:***

***Male -70kg:*** *Hand 1”, Foot 1½”, Foot 1½”*

***Male +70kg:*** *Hand 1”, Foot 2”, Foot 2”*

***Female -60kg:*** *Hand ½”, Foot 1”, Foot 1”*

***Female +60kg:*** *Hand 1”, Foot 1”, Foot 1”*

**Please speak to your Instructor in advance about your choices for Breaking with wood or breaking boards**

**On the Pre-Grading and Grading**