



STEPHEN
LAMBERTH'S



TAE KWON DO SCHOOLS



Black Belt Grading Line Work 1st Kup to 4th Dan

Marking areas at EVERY Grade: Effort / Power / Attitude / Stances & Technique
At ANY grading of TKD the examiner can quite rightly expect you to know all aspects
of the Tae Kwon Do syllabus, asking you to perform previous techniques from
previous gradings

Content reflects the most common line work at each level from 1st Kup to 4th Dan



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1st Kup – Black Stripe



Tip: be alert, sharp and precise with all of your moves - focus and give 100% effort!



Forwards

Walking stance, low outer forearm block, rising block, reverse punch

Backward

L stance, knife hand guarding block, slip front leg into walking stance, upper elbow strike (as in Joong Gun)

Forward

Rear leg front kick, turning kick reverse punch into walking stance

Backwards

Walking stance, double forearm block, middle section then low outer forearm block, keeping front arm in the same place

Forwards

L stance, side kick, back kick into walking stance, middle reverse punch

Backwards

First 3 moves of Won Hyo (L stance twin forearm block then inward knife hand strike, slip front foot into fixed stance doing a side punch)

Forwards

L stance, turning kick, reverse turning kick, walking stance, leading hand reverse knife hand, reverse punch

Backwards

First 2 moves from Toi Gye (L stance middle then slip the front leg forwards into walking stance, reverse upset fingertip thrust)

Forwards

L stance, **front** leg hook kick side kick combination, rear leg axe kick, land L stance forearm guarding block

Backwards

Walking stance, double hooking block (obverse/reverse), obverse middle punch **then** L stance twin knife hand block (as in Yul Gok)

Forwards

L stance, knife hand guarding block, front leg, **front** snap kick into walking stance, flat fingertip thrust (as in Toi Gye)

Backwards

Fixed stance, U shaped block (as in Joong Gun)

Forwards

L stance, rear leg, jumping side kick, with step (as in Choong Moo)

Backwards

Walking stance, wedging block, Pull front leg back to L stance, knife hand strike

Forwards

L stance, jumping front kick off rear leg without step, **then** pressing block in low stance

Backwards

Walking stance, low section X fist pressing block then X fist rising block

Patterns

Examiner's choice / in groups

Student's choice (not grade) / in one group

Choong Moo / in groups

Sparring

3 step or 2 step sparring

1 step sparring (Advanced)

Free sparring

1st Dan Black Belt



Tip: be sharp and focussed – give everything 100% effort!



Forwards

L stance low knife hand guarding block, slip front foot to walking stance circular block

Backwards

Walking stance double forearm block, reverse low block (as in Gwang Gae)

Forwards

Double turning kick, reverse punch walking stance

Backwards

L stance horizontal punch (as in Po Eun)

Forwards

Jumping turning kick NO step then pressing block in walking stance, normal speed

Backwards

L stance U shaped grasp (Soopyong Jirugi / Po Eun)

Forwards

Low section then mid section side kick same leg, land in L stance inward knife hand strike (as in Gwang Gae)

Backwards

L stance X knife hand block then single upset punch, reaction arm to shoulder (as in Gae Baek)

Forwards

Twisting kick land in walking stance double punch (as in Gae Baek)

Backwards

Walking stance reverse 9 shaped block (Gutcha makgi)

Forwards

Turning kick, jumping side kick land in walking stance twin vertical punch, pull back to L stance guarding block (as in Gae Baek)

Backwards

Walking stance, rising block, low block, double arch hand (as in Gae Baek)

Forwards

Front leg hook kick, turning kick, rear leg axe kick, reverse punch

Backwards

Jumping spinning back kick **then** walking stance inner forearm wedging block

Patterns

One coloured belt pattern, examiner's choice
One coloured belt pattern, student's choice
Gwang Gae / Po Eun & Gae Baek

Sparring

3 step or 2 step sparring
1 step sparring (Advanced)
Free sparring

2nd Dan Black Belt



Tip: be sharp and focussed from the 1st technique to the last one – give it 100% effort!



Forwards

Rear leg Double side kick, spinning back kick, lead hand reverse knife hand **then** change legs immediately

Backwards

First 4 moves of Ko Dang (sitting stance, palm pushing block, middle punch then moving back foot into L stance, forearm guarding block and simultaneously do low outer forearm block and middle inner forearm block)

Forwards

Front leg, hook kick / side kick combination, rear leg axe kick into walking stance reverse punch

Backwards

Walking stance double knife hand strike (as in Choong Jang)

Forwards

Rear leg Hooking kick, crosscut fingertip slash, into L stance guarding block (as in Ko Dang)

Backwards

Walking stance wedging block / circular block / downward double palm block, rear foot stance, slide back into L stance low reverse knife hand strike (as in Eui Am)

Forwards

Rear leg front kick, turn kick / axe kick combination, same leg into walking stance, reverse punch, lead hand reverse knife hand

Backwards

L stance, twin palm downward palm pressing block **then** walking stance high section inward block, back fist strike on obverse side (as in Choong Jang)

Forwards

Jumping reverse turning kick 4 times **then** knife hand strike and reverse assisted back fist in X stance

Backwards

Downward back hand strike opposite hand punch **then** into walking stance 9 shaped block (as in Choong Jang)

Forwards

Front snap kick into walking stance reverse arch hand strike (as in Choong Jang)

Backwards

Low knife hand guarding block in L stance, move rear leg back into walking stance, reverse palm strike (as in Eui Am)

Forwards

Twisting kick, low X fist pressing block, knife hand rising block, guard with kicking leg forwards (as in Eui Am)

Backwards

Downward elbow strike in L stance **then** low outer forearm block in walking stance

Forwards

Jumping side kick with step (as in Choong Moo)

Backwards

Jumping back kick 4 times then walking stance twin knife hand strike walking stance

Patterns

One coloured belt pattern, examiner's choice
One First Dan belt pattern, examiner's choice
One other First Dan pattern, student's choice
Ko Dang / Eui Am & Choong Jang

Sparring

3 step or 2 step sparring
1 step sparring (Advanced)
Free sparring

3rd Dan Black Belt



Tip: be sharp and focussed from the 1st technique to the last one – give it 100% effort!

Forwards

Rear leg Double side kick, spinning back kick, lead hand reverse knife hand **then** change legs immediately

Backwards

X fist pressing block, X fist rising block, twist hands back onto reverse hip then reverse middle punch (*Yoo Sin*)

Forwards

Front leg hook kick / side kick combination, rear leg axe kick into walking stance, reverse punch

Backwards

Double forearm block, reverse low section block in a walking stance (*Yoo Sin / Gwang Gae*)

Forwards

Back hand strike in L stance, crescent kick hitting palm heel, then side kick same leg. Finish in L with the back hand strike (*Yoo Sin*)

Backwards

U shaped punch in fixed stance (*Yoo Sin*)

Forwards

Rear leg front kick, turn kick / axe kick combination, same leg into walking stance, reverse punch, lead hand reverse knife hand

Backwards

Twin Downward low section punch in L stance (*Sam III*)

Forwards

Jumping reverse turning kick 4 times **then** knife hand strike and reverse assisted back fist in X stance

Backwards

Low outer forearm block in L stance, reaction arm to arm pit. Punch with reaction arm whilst reaction arm pulls towards shoulder (*Sam III*)

Forwards

Reverse turning kick / side kick combination, front elbow strike, pull back to L stance guarding block with kicking leg forwards

Backwards

Reverse inward outer forearm block, obverse punch in walking stance. (*Sam III*)

Forwards

Twisting kick, low X fist pressing block, knife hand rising block, guard with kicking leg forwards

Backwards

Knife hand rising block, circular block, obverse punch in walking stance (*Choi Yong*)

Forwards

Jumping side kick with step (*Choong Moo*)

Backwards

Jumping back kick 4 times **then** walking stance twin knife hand strike walking stance

Patterns

Two coloured belt patterns, examiner's & student's choice
Two of First or Second Dan belt patterns, examiner's choice
One First or Second Dan pattern, student's choice
Sam III / Choi Yong & Yoo Sin

Sparring

3 step or 2 step sparring
1 step sparring (Advanced)
Free sparring

4th Dan Black Belt



Tip: be sharp and focussed from the 1st technique to the last one – give it 100% effort!



Forwards

Forward movements and combinations varying from 1st Dan to 3rd Dan patterns (non-specific)

Backwards

Backward movements and combinations from 1st Dan to 3rd Dan patterns (non-specific)

Backwards line work from 4th Dan patterns

Backwards

Reverse pressing block in walking stance (*Se Jong*)

Backwards

Inward outer forearm block rear foot stance, slip back foot into walking stance, inward palm heel block on reverse side (*Tong Il*)

Backwards

Double reverse knife hand block in walking stance (*Tong Il*)

Backwards

High reverse knife hand strike, opposite hand in front of head (*Ul Ji*)

Patterns

One coloured belt pattern, student's choice
Any First or Second Dan pattern, examiner's choice
Any First or Second Dan pattern, student's choice
Any First to Third Dan pattern, examiner's and student's choice
Se Jong / Ul Ji / Tong Il

Sparring

3 step or 2 step sparring
1 step sparring (Advanced)
Free sparring

At ANY grading of TKD the examiner can quite rightly expect you to know all aspects of the Tae Kwon Do syllabus, asking you to perform previous techniques from previous gradings

Remember, these are guidelines and may change

The content reflects the most common line work at each level from 10th Kup to 4th Dan