



T.A.G.B.
TAE KWON-DO
INTERNATIONAL



BB grading: 1st Kup to 1st Dan

F. Low block rising block reverse punch.

B. Knifehand guarding block, upper elbow strike.

F. Front kick, turning kick, switch legs and repeat.

B. First 3 moves of Won Hyo.

F. Side kick, rev side kick, switch legs and repeat.

B. Hooking block, hooking block, punch.

Step back guarding block.

F. Turning kick, reverse turning kick. Switch legs and repeat.

B. First 2 moves Toi Gye

F. Knifehand guarding block, snap front kick, flat fingertip thrust.

B. X fist pressing block twin vertical punch.

Step back guarding block.

Jump front kick off rear leg, land kicking leg forward.

Jump side kick off front leg, land kicking leg forward, switch legs, repeat

Examiners choice pattern, Students choice pattern, Choong Moo.

2 Step sparring 5-8 1 step sparring

3 rounds of free sparring

Theory:

BB grading | 1st. to 2nd Dan

F. Low section Knife hand guarding block, circular block.

B. Double forearm block, reverse low block.

Step back guarding block.

F. Double turning kick guarding block .

B. Double horizontal punch.

F. Low pressing kick, mid side kick, Inward KH strike L stance.

B. U shape grasping block.

F. Twisting kick, double punch.

B. KH checking block, middle knuckle upset punch L stance.

Step back guarding block.

F. Turning kick, jump side kick, twin vertical punch, guard.

B. 9 shape block walking St.

Step back guarding block.

F. Front leg hooking kick, turning kick, step down axe kick

B. Rising block, low block, double arc hand block

Step back guarding block

Jump front kick rear leg, Jump side kick front leg, switch legs, repeat.

Patterns: Joong gun Choice C/belt, Kwang Gae, Po Eun, Ge Baek

1 step sparring, free sparring 3 rounds.

Breaking: Any hand including elbow , any rear leg kick.

Age 18 and over male 2 white boards, female 1 white board.

Theory:

BB grading 2nd to 3rd Dan

Step back guarding block.

F. Double turning kick, reverse side kick, switch legs, repeat

B. First 4 moves of kodang

Step back guarding block.

F. Front leg hook kick, side kick, downward kick

B. Double inward knifehand strike.

F. Defensive crescent kick, crosscut, guard.

B. Knifehand wedging block, circular block, alternate palm block.

F. Front kick, turning kick, downward kick same leg. Switch leg repeat.

B. Walking st. low knifehand block, reverse palm strike .

Step back guarding block.

F. Twisting kick, downward block, Knifehand rising block.

B. Walking st. High section inward black, high section backfist strike.

Step back guarding block./

F. Front kick, arc hand strike.

B. Low section knifehand block, 9 shape block.

Step back guarding block

Jump front kick rear leg, Jump side kick front leg, switch legs, repeat.

Patterns: Won Hyo, Kwang Gae, Ge Baek, kodang, Eui am, Choong Jang

1 step sparring, free sparring 3 rounds.

Breaking: Any hand { Men not incl. elbow }, any rear leg kick, any jump kick.

Age 18 and over male 2 white boards, female can use elbow 1 white board

Theory:

3rd – 4th Dan

Forward: Double sidekick, snap rev punch.

Backward: X block Yoo Sin combo.

Forward: Front leg Hooking kick, Side kick, guarding block.

Backwards: Double forearm block, low reverse block.

Forwards: Crescent kick, side kick, backhand strike.

Backwards: U shape punch fixed stance.

Forwards: Front kick, turning kick, knife-hand strike.

Backwards: Twin low punch {Sam Il}

Forwards: Twisting kick, downwards block, Knife-hand rising block.

Backwards: Rising block, low block, double arc hand block.

Various other combinations from patterns

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2/3 patterns from black stripe to 2nd Dan

Set patterns: Sam il, Choi Yung, Yoo Sin

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2 step 5-8, one step, 3 rounds of free sparring.

Breaking: 2 white boards or 1 black board.

Any hand (not including elbow)

Any rear leg standing kick. Any opposite hand (not inc.elbow) Any opposite kick (jumping technique optional)

4th -5th Dan

F Double turning kick, guarding block.

B Outward to inward block RFS, low palm block walking st.

F Double side kick, rev side kick.

B Turning kick, rev turning kick, downwards kick

F Twisting kick, down block, Knifehand rising block

B X Block combination from Yoo Sin

F Turning kick, reverse turning kick, side kick.

B U shape punch fixed stance

F Low section twin punch L stance

On the spot jump back kick

F Front leg hooking kick, turning kick, guarding bl.

B Knife hand rising block, circular block, obverse punch

Others:

Low block, punch from Sam il

Doo palmok makgi, waist block

Rising Block, low block, double arc hand block

Patterns chosen by examiner no choice patterns

1 x Coloured belt pattern

1st Dan pattern 2nd Dan pattern 3rd Dan pattern

Se-Jong, Tong-il, Ui-Ji

Destruction 5 breaks, 2 different hand, 2 different feet, 1

Jumping kick