



Academies of Tae Kwon Do

4th Dan

Grading Pack

Fitness and Martial Arts Academies Tae Kwon Do

Website: www.fitnessandmartialarts.co.uk

Mobile 0791 9894675

Requirements for 4th Dan to 5th Dan grading

All students must have met the following criteria:

- Students must have trained regularly for a minimum of 5 years and be at the required standard as determined by the instructor.
- Attend at least one of the black belt squad sessions in April and October each year.
- Have signed the six grading forms complete with height in cm and six passport photographs and the grading to the instructor.
- Attend all 3 black belt squad sessions in the lead up to the grading

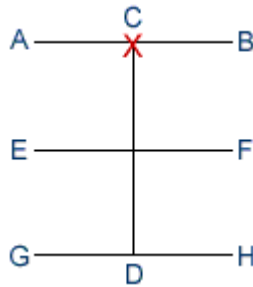
******All black belt gradings take place at the Bristol Academy******

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Se-Jong (4th Dan)



Number of Movements: 24

Meaning of :

SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet

Starting Position: Closed ready stance B

1. Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm
2. Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block
3. Execute a middle side piercing kick to D with the right foot
4. Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm
5. Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle strike to E with the right knife-hand
6. Bring the right foot to the left foot, forming a closed ready stance B toward D
7. Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist
8. Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist
9. Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm
10. Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight finger tip
11. Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G while executing a high side strike to G with the left back fist
12. Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm
13. Execute a middle turning kick to C with the left foot
14. Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm
15. Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion
16. Execute a front strike to C with the left back fist while maintaining a sitting stance toward C
17. Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm
18. Execute a middle block to C with a double arc-hand while forming a left walking stance

toward CE

19. Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm
20. Lower the left foot to D forming a right walking stance toward C while executing a pressing block with the right palm. Perform in a slow motion
21. Pull the left instep to the hollow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm
22. Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow
23. Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand
24. Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist

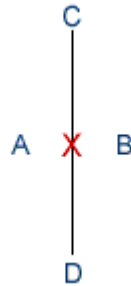
END: Bring the left foot back to a ready posture

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Tong-IL (4th Dan)



Number of Movements: 56

Meaning of :

TONG-IL denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race

Starting Position: Parallel stance with an overlapped back hand

1. Move the right foot to C to form a left walking stance toward D while executing a middle punch to D with a twin fist. Perform in slow motion
2. Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand. Perform in slow motion
3. Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm
4. Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder
5. Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist
6. Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion
7. Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left back hand
8. Execute an inward vertical kick to the left palm with the right reverse footsword
9. Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high outward strike to D with the right back hand
10. Execute an inward vertical kick to the right palm with the left reverse footsword
11. Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot. Perform in a slow motion
12. Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion
13. Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D. Perform in a slow motion
14. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D
15. Execute a middle punch to D with the left fist while maintaining a right walking stance toward D
16. Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15
17. Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist
18. Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17
19. Lower the left foot to C in a stamping motion to form a right L-stance toward C while

- executing a downward strike to C with the left back fist
20. Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot
 21. Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion
 22. move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist
 23. Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist
 24. Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm
 25. Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion
 26. Bring the left foot to the right foot to form a closed stance toward C while bringing both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand
 27. Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand
 28. Execute a high punch to D with the right fist while maintaining a left walking stance toward D
 29. Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, bringing the right side fist in front of the left shoulder
 30. Move the right foot to C, forming a left walking stance toward D while executing a high thrust with the right angle fingertip
 31. Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand
 32. Execute a high punch to C with the left fist while maintaining a right walking stance toward C
 33. Slide to C to form a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder
 34. Move the left foot to D, forming a right walking stance toward C while executing a high thrust with the left angle fingertip
 35. Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot
 36. Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot
 37. Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left walking stance toward D, slipping the left foot
 38. Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist
 39. Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm
 40. Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction
 41. Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the outer forearm
 42. Slide to C maintaining a sitting stance toward A while executing a W-shape block with the outer forearm
 43. Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the outer forearm
 44. Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm
 45. Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm
 46. Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction
 47. Lower the left foot to C in a jumping motion, forming a left X-stance toward C while

- executing a pressing block with an X-fist
48. Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist
 49. Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist
 50. Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C
 51. Execute a circular block to A with the right knife-hand while forming a left walking stance toward AD
 52. Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm
 53. Execute a circular block to B with the left knife-hand while forming a right walking stance toward BD
 54. Move the right foot to C forming a right walking stance, at the same time executing a rising block with the right forearm
 55. Move the right foot on the line CD forming a left walking stance towards D, at the same time executing a rising block with the left forearm
 56. Execute a middle punch with the right fist.

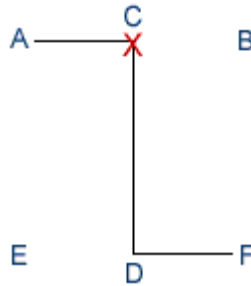
END: Bring the left foot back to a ready stance.

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UI-Ji (4th Dan)



Number of Movements: 42

Meaning of :

UL-JI is named after general UI-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., UI-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern

Starting Position: Parallel stance with an X-back hand

1. Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists
2. Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist
3. Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 2 and 3 in a continuous motion
4. Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D
5. Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand
6. Execute a middle crescent kick to the left palm with the right foot
7. Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow
8. Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A
9. Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A
10. Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow
11. Cross the left foot to the right foot, forming a close stance toward D while turning the face to A, Keeping the position of the hands as they were in 10. Perform in a fast motion
12. Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11
13. Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a horizontal thrust with a twin elbow
14. Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A
15. Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D
16. Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot
17. Jump to execute a mid-air kick to B with the right foot while spinning clockwise
18. Land to B forming a right walking stance toward B while executing a middle block to B with

- the right double forearm
19. Bring the left foot to the right foot to form a closed ready stance B toward D
 20. Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right side fist
 21. Move the left foot to C to form a right walking stance toward D while executing a rising block with the left forearm
 22. Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21
 23. Lower the left foot to D forming a left walking stance toward D while executing a high punch to D with the right fist
 24. Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip
 25. Move the left foot to D turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist
 26. Move the right foot to F turning counter-clockwise to form a right walking ready stance toward F
 27. Jump to execute a flying high kick to F with the right foot
 28. Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife hand
 29. Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist
 30. Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm
 31. Lower the left foot to F forming a left walking stance toward F while executing a high vertical punch to F with a twin fist
 32. Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife hand and a middle pushing block with the left palm
 33. Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist
 34. Move the left foot to the side rear of the right foot and the right foot to E to form a right L-stance toward F and then jump to E maintaining a right L-stance towards F while executing a middle guarding block to F with the forearm
 35. Execute a middle turning kick to DF with the right foot
 36. Lower the right foot to F and then execute a middle back piercing kick to F with the left foot
 37. Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm
 38. Move the left foot to E forming a left I-stance toward F while executing an upward block to F with the right palm
 39. Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm
 40. Execute a circular block to DE with the right inner forearm while forming a right walking stance toward DF
 41. Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist
 42. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D

END: Bring the left foot back to a ready posture

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The grading will contain the following elements

Grading structure:

Theory:

Any four questions from white belt to 4th Dan syllabus

Destruction:

Any Hand Technique (Right & Left)

Any Foot Technique (Right & Left)

Any Jumping Kick (High Section) or Any Jumping Kick (Middle Section)

All destruction should be performed without a focus

Men: 2 white boards

Women: 1 white board

Linework:

Set by the Grading Examiners

Patterns:

1st Dan Pattern of Your Choice

Colour Belt Pattern set by the Grading Examiners

1st Dan Pattern set by the Grading Examiners

2nd Dan Pattern set by the Grading Examiners

3rd Dan Pattern set by the Grading Examiners

3 x 4th Dan patterns

Pre-arranged Sparring

3 Step or 2 Step Sparring

1 Step Sparring

Free Sparring

3 spars

Please note: This information is for guidance only.

The exact format is set at the Grading Examiners discretion.

*****You will have a maximum of 3 minutes to get your sparring kit on and back up into the Dojang*****

