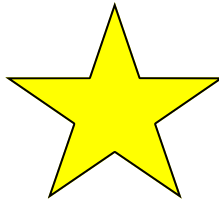


Junior Black Belt Star Grading



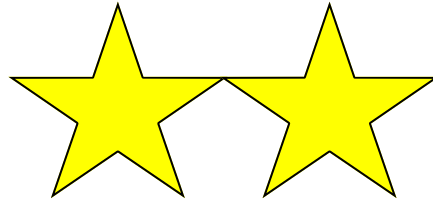
**After 1 Year at 1st Dan
TEST FOR 1 STAR**

- Choice of coloured belt pattern
- Set coloured belt pattern
- Choice of 1st Dan pattern
- Choice of special demonstration technique.
(jumping high or long to hit focus pad)

The student if not wishing to do a special technique could perform a pattern which they have designed themselves, either to music (not more than 2.5 minutes), or without music (no more than 40 moves)

- 2 x sparring rounds
- Theory

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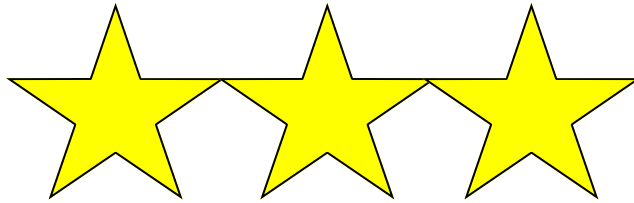
**After 2 Year at 1st Dan
TEST FOR 2 STARS**

- Choice of coloured belt pattern
- Choice of two 1st Dan patterns
- 4 directional special technique - e.g. 4 targets held on compass points, pads to be struck in quick succession to simulate a 4 directional attack. Multiple strikes to consist of no more than one hand technique and each technique to be different to any of the other 3.

The student if not wishing to do a special technique could perform a pattern which they have designed themselves, either to music (not more than 2.5 minutes), or without music (no more than 40 moves)

- 2 x sparring rounds
- Theory - multiple choice or 20/30 question test paper to be timed and completed at the grading.

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**After 3 Year at 1st Dan
TEST FOR 3 STARS**

- Perform all three 1st Dan patterns
- Special technique—a jumping technique with multiple strikes, e.g. 2 or more targets to hit whilst the student is in the air (kicks)
- The student will need to perform a pattern which they have designed themselves, either to music (not more than 2.5 minutes), or without music (no more than 40 moves)
- 3 x sparring rounds
- Theory - essay or project entitled "The benefits of Tae Kwon-Do" to be presented to the examiner at least 2 days prior to their grading