

5th Dan (for promotion to 6th Dan)

PATTERNS	STANCES	DEFENSIVE TECHNIQUES	OFFENSIVE TECHNIQUES	SPARRING	SELF DEFENCE	DESTRUCTION	THEORY
<p>So-San 72 movements</p> <p>Se-Jong 24 movements</p> <p>Plus all previous patterns.</p>	<p>One leg stance with instep to hollow of knee.</p>	<p>Knifehand low block and inner forearm middle outward block.</p> <p>Palm obverse pressing block.</p>	<p>Vertical Punch.</p>	<p><u>Step Sparring:</u></p> <p>10 routines showing all forms of step sparring.</p> <p><u>Free Sparring:</u></p> <p>With various partners plus two onto one.</p>	<p>10 pre arranged self defence routines of your own choice.</p>	<p><u>Power test:</u></p> <p>Hand: Own choice</p> <p>Foot: Own choice</p> <p><u>Special technique:</u> Own choice</p>	<p>Pattern meanings.</p> <p>Philosophy of Taekwon-Do</p>