

4th DAN

- FWD** Rear leg, Double Side Kick, Reverse Side Kick, Land L Stance, Forearm Guarding Block (change legs)
- BWD** Rear Foot Stance, Inward Outer Forearm Block, slip back foot into Walking Stance, Low Section Inward Palm Block (Tong Il)
- FWD** Rear leg, Reverse Hooking/Side Kick Combination, land L Stance, Forearm Guarding Block (Choi Yong)
- BWD** Walking Stance, Slow Double Reverse Knife Hand Block, fast, Double Punch combination (Tong Il)
- FWD** L Stance, Back Hand Strike, Inward Crescent Kick (hitting palm), Side Kick same leg Land L Stance, Back Hand Strike (Yoo Sin)
- BWD** Walking Stance, High Obverse Under Fist Strike, Mid Section Reverse Palm Pushing Block (Tong Il)
- FWD** Rear leg, Front Kick, Turning kick , Axe kick (same leg)
- BWD** Walking Stance, Mid Section Reverse Inward Outer Forearm Block, High Obverse Punch (Sam Il)
- FWD** Rear leg, Twisting Kick, Land Walking Stance, X Fist Pressing Block, Rising Knife Hand Block (Eui Am)
- BWD** Walking Stance, Knife Hand Rising Block, Circular Block, Obverse Punch (Choi Yong)
- FWD** Rear leg, Pressing Kick, Middle Side Kick, land in L Stance, Inward Knife Hand Strike (Kwang Gae)
- BWD** Walking Stance, Rising Block, Low Block, Double Arc Hand (Gae Baek)
- STATIC** Jumping Front Kick, Jumping Side Kick, Jumping Turning Kick, Jumping Reverse Side Kick

Patterns

Examiners choice coloured belt pattern x 1	All together
Examiners choice 1st Dan pattern x 1	All together
Examiners choice 2nd Dan pattern x 1	All together
Examiners choice 3rd Dan pattern x 1	All together
Se Jong, Tong Il, Ul Gi	All together

Sparring

2 Step Sparring (5-8)	As linework, attack & defence
1 Step Sparring	Static (left & right, no partner)
Free Sparring	Executed as shadow sparring