

# WEST COAST

## TAEKWONDO

### 2nd DAN GRADING SYLLABUS

#### Line Work

- Jumping Snap Kick, Landing in a Forearm Guarding Block in an L Stance
- Jumping Turning Kick, Landing in a Forearm Guarding Block in an L Stance
- Jumping Rev. Side Kick, Landing in a Forearm Guarding Block in an L Stance
- Forward: Downward Inner Forearm Block in an L Stance
- Backward: Guarding block, Low and Middle Block in an L Stance
- Forward: Walking Stance Twin Knife Hand Strike
- Backward: One Leg Stance, Side Kick, Land Knife Hand Block

#### Patterns

- Yul Gok
- Chong Moo
- Kwang Gai
- Po Eun
- Ge Baek

#### Self Defence

- Bear Hug
- Side Opposing Head Lock
- Front Facing Strangle
- Upset Stab
- Overhand Stab

#### Destructions

- 1x Hand Technique
- 1x Grounded Kick
- 2x Jumping Kicks

#### Sparring

- 5, 2 Minute Rounds in the Shark Tank