BURNTWOOD AND CANNOCK TAEKWONDO

2nd Kup Red Belt Grading Sheet

PRACTICAL

Line work – Examiner's choice

Pattern – Student's choice

Pattern 1 – Examiner's choice

Pattern 2 – Examiner's choice

Pattern – HWA RANG

1 step sparring

Level 3 pad work

Free sparring – 2/3 rounds (contact)

THEORY

You need to obtain a Theory Book from your Instructor as this will be your source of reference from now on.