



Sutton Schools of Tae Kwon-Do Student Handbook

4th to 5th Dan Manual



1.0 Introduction

Congratulations on achieving 4th Dan status in the world of tae kwon-do – this demonstrates true commitment and perseverance.

There is a minimum interval of **5 years** between attaining 4th Dan status and preparing for a 5th Dan grading. The 5th Dan grading demonstrates a more sophisticated technical skill-set and a student must be able to evidence significant progress across all areas of the discipline. This manual details the syllabus for the 5th Dan grading and offers guidance on how to prepare for the grading.

1.1 Grading Eligibility Criteria for 4th Dan Students

4th Dan students are required to meet the following criteria to become eligible for a 5th Dan grading:

- 5 years of continuous training with no substantial breaks since the 4th Dan grading
- Attendance at a minimum of three black belt training sessions per year
- Produce a letter to the grading examiner detailing valid reasons for promotion
- Active participation in supporting club events – charity demonstrations, tournaments, training camps, coaching, supporting gradings etc
- A clear progression across all of the technical disciplines within the art of Tkd
- Visibly uphold and reinforce the values laid down in the 5 tenets
- Complete the official 5th Dan grading administration – including one recent passport photo

1.2 Preparation for the 5th Dan Grading

The destiny of a student aiming to become a 5th Dan lies primarily in their own discipline and training methods. Sutton Schools of Tae Kwon-Do will support all black belt grades through offering clear support and guidance as well as regular black-belt only training sessions.

During the grading students will be required to:

- Demonstrate the 3 new technical patterns – Se-Jong, Tong-II and UI-Ji
- Evidence a significant improvement in sparring skills and tactics
- Work effectively with others during the grading in sparring situations – demonstrating control and a respect for others
- Demonstrate good fitness levels during the physical test
- Demonstrate and describe the purpose of the chosen destruction techniques
- Have a sound grasp of the additional Korean terminology outlined in this manual coupled with the terminology in the 1st, 2nd, 3rd Dan and Colour Belt Manual
- Meet the standards set by an external grading examiner, whom is required to be a minimum of 2 Dan grades above the student themselves



2.0 Grading Syllabus

2.1 Line Work

FWD Double side kick, reverse side kick, land L stance (change legs)

BWD In rear foot stance, inward outer forearm block, slip back foot into walking stance, low section inward palm block (Tong Il)

FWD Reverse turning/side kick combination, land L stance

BWD Walking stance, slow double reverse knife hand block, fast, double punch combination (Tong Il)

FWD Sitting stance, back hand strike, inward crescent kick, hitting palm, side kick same leg, land sitting stance, back hand strike (Yoo Sin)

BWD Walking stance, obverse under-fist strike, reverse palm heel strike (Tong Il)

FWD Rear leg, front/turning kick combination, axe kick same leg, land L stance

BWD Walking stance, middle reverse inward outer-forearm block, high obverse punch (Sam Il)

FWD Twisting kick land walking stance, X fist pressing/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 L stance, inward knife hand strike (Po Eun)

BWD Walking stance, rising block, low block, double arc hand (Ge Baek)

2.2 Patterns

Pattern 1: Examiner's choice from any colour belt pattern learnt to date

Pattern 2: Examiner's choice from any colour belt pattern learnt to date

Pattern 3: Student's choice from any 1st Dan pattern learnt to date

Pattern 4: Student's choice from any 2nd Dan pattern learnt to date

Pattern 5: Student's choice from any 3rd Dan pattern learnt to date

Pattern 6: 4th Dan black belt pattern 1 – Se-Jong

Pattern 7: 4th Dan black belt pattern 2 – Tong-II

Pattern 8: 4th Dan black belt pattern 3 – Ul-Ji

2.3 Free Sparring

Students will be requested to demonstrate technical semi-contact free-sparring with up to 3 partners. The grading examiner will require clear evidence of a continuing improvement in the skilful usage of techniques and tactics.

Note - Safety equipment will be required as this is a semi-contact section of the grading.

2.4 3-Step Sparring / 2-Step Sparring

Examiner's choice.

Students should have a full knowledge of all ten 3-step sparring routines and eight 2-step sparring routines.

Note - The routines should be performed with complex combinations.



2.5 1- Step Sparring

Each student should have a minimum of **eight** advanced pre-determined defence and attack movements prepared.

2.6 1-Step Self-Defence

Each student should have four pre-determined self-defence and attack movements prepared. The routines should be performed using combinations that demonstrate variety and a full understanding of the most appropriate defence movement(s) in response to an attack.

2.7 Destruction

- Two advanced techniques (one hand and one foot) chosen by the student
- Demonstration to be executed on both sides



3.0 4th Dan Patterns

3.1 Background

Dan grade patterns are significantly more challenging than the colour belt patterns, both in terms of numbers of movements and complexity of skill set. There are three additional patterns to memorise and execute for the 5th Dan grading – making a total of 21 technical patterns learnt to date.

The diagram, meaning and pattern description is outlined for each of the three 4th Dan patterns in the next section of this manual.

It is worthwhile reminding students at this stage what is expected when executing a pattern at an advanced level:

1. Patterns should begin and end on the same spot. This will indicate the performers' accuracy.
2. Correct posture and facing must be maintained at all times.
3. Muscles of the body should be tensed or relaxed at the proper critical moments in the exercise.
4. The exercise should be performed in a rhythmic movement with the absence of stiffness.
5. Each pattern should be accelerated or decelerated according to instructions.
6. Each pattern should be perfected before moving to the next.
7. Students should know the purpose of each movement.
8. Students should perform each movement with realism.

3.2 Why do we perform patterns?

We practise patterns to improve our Tae Kwon-Do techniques, to develop sparring techniques, to improve flexibility of movement, master body-shifting, develop muscles, balance and breath control. They also enable us to acquire techniques which cannot be obtained from other forms of training.

These skills should be well-developed by 1st Dan and a student will be judged on all of the above-mentioned areas during a technical grading.

3.3 Why are there twenty four patterns?

The reason for twenty four patterns in tae kwon-do is because the founder, Major General Choi Hong Hi, compared the life of man with a day in the life of the earth and believed that some people should strive to bequeath a good spiritual legacy to coming generations and in doing so gain immortality.

Therefore, if we can leave something behind for the welfare of mankind, maybe it will be the most important thing to happen in our lives, as the founder says:

"Here I leave Tae Kwon-Do for mankind. As a trace of a man of the late 20th Century. The twenty four patterns represent twenty four hours, one day or all of my life."



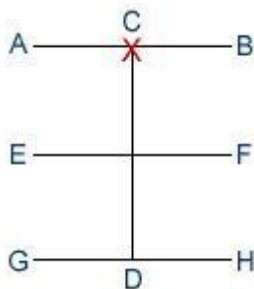
3.4 Se-Jong

Number of Movements: 24

Meaning of Se-Jong:

SE-JONG is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet

Diagram:



Starting Position: Closed ready stance B

1. **Left low block (walking stance)**
1: Move the left foot to B, forming a left walking stance toward B at the same time executing a low block to B with the left forearm
2. **Twin forearm block (L-stance)**
2: Bring the left foot to the right foot, and then move the right foot to A to form a left L-stance toward A while executing a twin forearm block
3. **Right side kick, land left rising block (walking stance) [2 moves]**
3: Execute a middle side piercing kick to D with the right foot
4: Lower the right foot to D, and then move the left foot to F to form a left walking stance toward F while executing a rising block with the left forearm
4. **Right knife-hand strike (sitting stance)**
5: Bring the left foot to the right foot, and then move the right foot to E to form a sitting stance toward D while executing a middle strike to E with the right knife-hand
5. **Closed ready stance B**
6: Bring the right foot to the left foot, forming a closed ready stance B toward D
6. **Jump into left assisted back fist strike (X-stance)**
7: Jump to D to form a left X-stance toward DG while executing a high side strike to D with the left back fist, bringing the right finger belly to the left side fist
7. **Right high punch (walking stance)**
8: Move the right foot to G, forming a right walking stance toward G while executing a high punch to G with the right fist
8. **High section guarding block (fixed stance)**
9: Move the right foot on line GH to form a left fixed stance toward H while executing a high guarding block to H with the forearm



9. **Straight fingertip thrust (walking stance)**
10: Move the right foot to H, forming a right walking stance toward H while executing a middle thrust to H with the right straight finger tip
10. **High back fist strike (bring right foot to left, into walking stance)**
11: Bring the right foot to the left foot, and then move the left foot to G to form a left walking stance toward G while executing a high side strike to G with the left back fist
11. **Scooping block (sitting stance)**
12: Move the left foot on line GH to form a sitting stance toward C while executing a scooping block with the left palm
12. **Left turning kick, land + jump into high double forearm block (X-stance) [2 moves]**
13: Execute a middle turning kick to C with the left foot
14: Lower the left foot to C in a jumping motion, forming a left X-stance toward CF while executing a high block to C with the left double forearm
13. **Slow right punch, fast left back fist strike (sitting stance) [2 moves]**
15: Move the right foot to F to form a sitting stance toward C while extending the right fist horizontally to C. Perform in a slow motion
16: Execute a front strike to C with the left back fist while maintaining a sitting stance toward C
14. **Twin palm pressing block (diagonal stance)**
17: Bring the right foot behind the left foot, and then move the left foot to E, forming a left diagonal stance toward C while executing a pressing block with a twin palm
15. **Double arc-hand block (change to walking stance)**
18: Execute a middle block to C with a double arc-hand while forming a left walking stance toward CE
16. **High right outer forearm side block + low block (right one-leg stance)**
19: Pull the left reverse footsword to the right knee joint to form a right one-leg stance toward C at the same time executing a high side block to F with the right outer forearm and a low side block to E with the left forearm
17. **Slow reverse pressing block (walking stance)**
20: Lower the left foot to D forming a right walking stance toward C while executing a pressing block with the right palm. Perform in a slow motion
18. **Right back forearm strike onto left palm (right one-leg stance)**
21: Pull the left instep to the hollow of the right leg to form a right one-leg stance toward C while striking the left palm with the right back forearm
19. **Left side elbow thrust (turn clockwise into fixed stance)**
22: Lower the left foot to C, turning clockwise to form a right fixed stance toward D while thrusting to C with the left side elbow
20. **High section knife-hand guarding block (L-stance)**
23: Move the right foot to A, forming a left L-stance toward A while executing a high guarding block to A with a knife-hand
21. **Right punch (L-stance)**
24: Bring the right foot to the left foot, and then move the left foot to B to form a right L-stance toward B while executing a middle punch to B with the right fist

END: Bring the left foot back to a ready posture



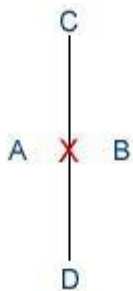
3.5 Tong-Il

Number of Movements: 56

Meaning of Tong-IL:

TONG-IL denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race

Diagram:



Starting Position: Parallel stance with an overlapped back hand

- 1. Slow, twin middle punch (step back into left walking stance)**
1: Move the right foot to C to form a left walking stance toward D while executing a middle punch to D with a twin fist. Perform in slow motion
- 2. Slow, twin knife-hand strike (walking stance)**
2: Move the left foot to C to form a right walking stance toward D while executing a horizontal strike with a twin knife-hand. Perform in slow motion
- 3. Left middle inward block (rear foot stance)**
3: Move the left foot to D, forming a right rear foot stance toward D while executing a middle inward block to D with the left outer forearm
- 4. Low right inward palm block (slip back foot into walking stance)**
4: Execute a low inward block to D with the right palm while forming a left walking stance toward D, slipping the right foot, and bringing the left side fist in front of the right shoulder
- 5. Double punch [R,L] (L-stance) [2 moves]**
5: Move the right foot to D, forming a left L-stance toward D while executing a middle punch to D with the right fist
6: Execute a middle punch to D with the left fist while maintaining a left L-stance toward D. Perform 5 and 6 in a fast motion
- 6. High outward left back hand strike + stamp (L-stance)**
7: Move the left foot to D in a stamping motion to form a right L-stance toward D while executing a high outward strike to D with the left back hand
- 7. Inward right vertical kick to the palm, land high outward right back hand strike + stamp (L-stance) [2 moves]**
8: Execute an inward vertical kick to the left palm with the right reverse footsword



- 9: Lower the right foot to D in a stamping motion, forming a left L-stance toward D while executing a high outward strike to D with the right back hand
8. **Inward left vertical kick to the palm, land slow, twin horizontal palm block (L-stance) [2 moves]**
10: Execute an inward vertical kick to the right palm with the left reverse footsword
11: Lower the left foot to D, and then execute a horizontal block with a twin palm while forming a right L-stance toward D, slipping the left foot. Perform in a slow motion
9. **Slow high right reverse knife-hand block, slow mid left reverse knife-hand block, fast double punch (walking stance) [4 moves]**
12: Move the right foot to D, forming a right walking stance toward D while executing a high side block to D with the right reverse knife-hand. Perform in a slow motion
13: Execute a middle side block to D with the left reverse knife-hand while maintaining a right walking stance toward D. Perform in a slow motion
14: Execute a middle punch to D with the right fist while maintaining a right walking stance toward D
15: Execute a middle punch to D with the left fist while maintaining a right walking stance toward D
10. **Right downward kick, land right back fist downward strike (turn over right shoulder into L-stance) [2 moves]**
16: Execute a downward kick to AC with the right foot, keeping the position of the hands as they were in 15
17: Lower the right foot to C in a stamping motion, forming a left L-stance toward C while executing a downward strike to C with the right back fist
11. **Left vertical kick, land left back fist downward strike (turn over left shoulder into L-stance) [2 moves]**
18: Execute an outward vertical kick to BC with the left foot, keeping the position of the hands as they were in 17
19: Lower the left foot to C in a stamping motion to form a right L-stance toward C while executing a downward strike to C with the left back fist
12. **High double punch [L,R] (move right foot into walking stance) [2 moves]**
20: Execute a high punch to D with the left fist while forming a right walking stance toward D, pivoting with the left foot
21: Execute a high punch to D with the right fist while maintaining a right walking stance toward D. Perform 20 and 21 in a fast motion
13. **Left upward bow wrist block (rear foot stance)**
22: move the left foot to D, forming a right rear foot stance toward D while executing an upward block with the left bow wrist
14. **Right upward bow wrist block (rear foot stance)**
23: Move the right foot to D to form a left rear foot stance toward D while executing an upward block with the right bow wrist
15. **Slow reverse pressing block (walking stance)**
24: Move the left foot to C, forming a left walking stance toward C while executing a pressing block with the left palm
16. **Slow reverse pressing block (walking stance)**
25: Move the right foot to C to form a right walking stance toward C while executing a pressing block with the right palm. Perform 24 and 25 in a slow motion
17. **Strike left palm with right knife-hand in circular motion (closed stance)**
26: Bring the left foot to the right foot to form a closed stance toward C while bringing



both back hands in front of the lower abdomen in a circular motion, hitting the left palm with the right knife-hand

18. Left knife-hand rising block, high right punch (turn over left shoulder into walking stance) [2 moves]

27: Move the left foot to D, forming a left walking stance toward D while executing a rising block with the left knife-hand

28: Execute a high punch to D with the right fist while maintaining a left walking stance toward D

19. Left upset punch + slide + right side fist to left shoulder (L-stance)

29: Slide to D to form a left L-stance toward D while executing an upset punch to D with the left fist, bringing the right side fist in front of the left shoulder

20. High right angle fingertip thrust (step back into walking stance)

30: Move the right foot to C, forming a left walking stance toward D while executing a high thrust with the right angle fingertip

21. Right knife-hand rising block, high left punch (turn over right shoulder into walking stance) [2 moves]

31: Move the left foot on line CD to form a right walking stance toward C while executing a rising block with the right knife-hand

32: Execute a high punch to C with the left fist while maintaining a right walking stance toward C

22. Right upset punch + slide + left side fist to right shoulder (L-stance)

33: Slide to C to form a right L-stance toward C while executing an upset punch to C with the right fist, bringing the left side fist in front of the right shoulder

23. High left angle fingertip thrust (step back into walking stance)

34: Move the left foot to D, forming a right walking stance toward C while executing a high thrust with the left angle fingertip

24. Low reverse knife-hand guarding block in circular motion (L-stance)

35: Execute a low guarding block to C with a reverse knife-hand in a circular motion while forming a left L-stance toward C, pivoting with the left foot

25. Low reverse knife-hand guarding block in circular motion (L-stance)

36: Execute a low guarding block to D with a reverse knife-hand in a circular motion while forming a right L-stance toward D, pivoting with the right foot

26. Right low block + left knife-hand outward block (slip into walking stance)

37: Execute a low block to D with the right forearm and a middle outward block to D with the left knife-hand while forming a left walking stance toward D, slipping the left foot

27. Twin vertical punch (walking stance)

38: Move the right foot to D in a stamping motion to form a right walking stance toward D at the same time executing a high vertical punch to D with a twin fist

28. Right back forearm strike onto left palm (left one-leg stance)

39: Pull the right reverse footsword to the left knee joint, forming a left one-leg stance toward D while striking the left palm with the right back forearm

29. Back kick + push hands in opposite direction, land W-shape block (sitting stance) [2 moves]

40: Execute a middle back piercing kick to C with the right foot, pulling both hands in the opposite direction

41: Lower the right foot to C to form a sitting stance toward A while executing a W-shape block with the inner forearm



30. **Outer forearm W-shape block (slide + sitting stance)**
42: Slide to C maintaining a sitting stance toward A while executing a W-shape block with the outer forearm
31. **Turn counter clockwise into W-shape block + stamp (sitting stance)**
43: Move the right foot to D in a stamping motion, turning counter clockwise to form a sitting stance toward B while executing a W-shape block with the inner forearm
32. **Outer forearm W-shape block (slide + sitting stance)**
44: Slide to C, maintaining a sitting stance toward B while executing a W-shape block with the outer forearm
33. **Left back forearm strike onto right palm (left one-leg stance)**
45: Pull the left reverse footsword to the right knee joint, forming a right one-leg stance toward C while striking the right palm with the left back forearm
34. **Back kick + push hands in opposite direction, land X-fist pressing block + jump (X-stance) [2 moves]**
46: Execute a high back piercing kick to D with the left foot, pulling both hands in the opposite direction
47: Lower the left foot to C in a jumping motion, forming a left X-stance toward C while executing a pressing block with an X-fist
35. **Left under fist strike (step back into walking stance)**
48: Move the right foot to D, forming a left walking stance toward C while executing a front strike with the left under fist
36. **Right under fist strike, middle pushing palm block (step forward into walking stance) [2 moves]**
49: Move the right foot to C to form a right walking stance toward C while executing a front strike with the right under fist
50: Execute a middle pushing block to C with the left palm while maintaining a right walking stance toward C
37. **Knife-hand circular block (pivot into walking stance)**
51: Execute a circular block to A with the right knife-hand while forming a left walking stance toward AD
38. **Right middle pushing palm block (walking stance)**
52: Move the left foot to C to form a left walking stance toward C while executing a middle pushing block to C with the right palm
39. **Knife-hand circular block (pivot into walking stance)**
53: Execute a circular block to B with the left knife-hand while forming a right walking stance toward BD
40. **Rising block (walking stance)**
54: Move the right foot to C forming a right walking stance, at the same time executing a rising block with the right forearm
41. **Rising block, punch (turn around into walking stance) [2 moves]**
55: Move the right foot on the line CD forming a left walking stance towards D, at the same time executing a rising block with the left forearm
56: Execute a middle punch with the right fist.

END: Bring the left foot back to a ready stance.



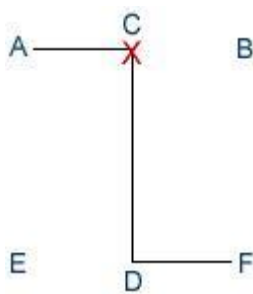
3.6 Ul-Ji

Number of Movements: 42

Meaning of Ul-Ji:

UL-JI is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D., Ul-Ji employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern

Diagram:



Starting Position: Parallel stance with an X-back hand

1. **Twin horizontal side fist strike (step back into left walking stance)**
1: Move the left foot to C forming a right walking stance toward D while executing a horizontal strike with twin side fists
2. **X-fist pressing block, X-knife-hand rising block, high right knife-hand strike + left palm on right elbow (walking stance) [3 moves]**
2: Move the right foot to C to form a left walking stance toward D while executing a pressing block with an X-fist
3: Execute a rising block with an X-knife-hand while maintaining a left walking stance toward D. Perform 2 and 3 in a continuous motion
4: Execute a high front strike to D with the right knife-hand bringing the left palm on the right elbow joint while maintaining a left walking stance toward D
3. **Left back hand strike (pivot left foot into sitting stance)**
5: Move the left foot to C to form a sitting stance toward B while executing a horizontal strike to C with the left back hand
4. **Crescent kick into left palm, land right front elbow strike (sitting stance) [2 moves]**
6: Execute a middle crescent kick to the left palm with the right foot
7: Lower the right foot to C, forming a sitting stance toward A while striking the left palm with the right front elbow
5. **Supported left back elbow thrust, right side back fist + low block (maintain sitting stance) [2 moves]**
8: Thrust to B with the left back elbow placing the right side fist on the left fist while maintaining a sitting stance toward A
9: Execute a side back strike to B with the right back fist and extending the left arm to the side-downward while maintaining a sitting stance toward A



6. **Twin side elbow thrust (closed stance)**
10: Bring the left foot to the right foot, forming a close stance toward D, at the same time thrusting with a twin side elbow
7. **Cross left foot over right (closed stance)**
11: Cross the left foot to the right foot, forming a close stance toward D while turning the face to A, Keeping the position of the hands as they were in 10. Perform in a fast motion
8. **Side kick, land twin horizontal elbow thrust (X-stance) [2 moves]**
12: Execute a middle side piercing kick to A with the right foot keeping the position of the hands as they were in 11
13: Lower the right foot to A, and then cross the left foot over the right foot, forming a right X-stance toward D while executing a horizontal thrust with a twin elbow
9. **Horizontal punch (sitting stance)**
14: Move the right foot to A to form the sitting stance toward D while executing a right horizontal punch to A
10. **High right knife-hand strike + left back hand in front of forehead (stand)**
15: Execute a high front strike to D with right knife-hand, bringing the left back hand in front of the forehead while standing up toward D
11. **Twin knife-hand block (L-stance)**
16: Execute a twin knife-hand block to B while forming a right L-stance toward B, pivoting with the right foot
12. **Jumping reverse side kick clockwise, land double forearm block (walking stance) [2 moves]**
17: Jump to execute a mid-air kick to B with the right foot while spinning clockwise
18: Land to B forming a right walking stance toward B while executing a middle block to B with the right double forearm
13. **Closed ready stance**
19: Bring the left foot to the right foot to form a closed ready stance B toward D
14. **High right side back fist strike + jump (X-stance)**
20: Jump to D forming a right X-stance toward BD while executing a high side strike to B with the right back fist bringing the left finger belly to the right side fist
15. **Left rising block (step backwards into right walking stance)**
21: Move the left foot to C to form a right walking stance toward D while executing a rising block with the left forearm
16. **Front snap kick, land high right punch (walking stance) [2 moves]**
22: Execute a middle front snap kick to D with the left foot keeping the position of the hands as they were in 21
23: Lower the left foot to D forming a left walking stance toward D while executing a high punch to D with the right fist
17. **Right straight fingertip thrust (walking stance)**
24: Move the right foot to D to form a right walking stance toward D while executing a middle thrust to D with the right straight fingertip
18. **High left side back fist strike (counter clockwise into sitting stance)**
25: Move the left foot to D turning counter-clockwise to form a sitting stance toward A while executing a high side strike to D with the left back fist
19. **90° counter clockwise into right walking ready stance**
26: Move the right foot to F turning counter-clockwise to form a right walking ready stance toward F
20. **Lift left leg to assist jumping right snap kick, land X-knife hand checking block (fixed stance) [2 moves]**



- 27: Jump to execute a flying high kick to F with the right foot
28: Land to F to form a right fixed stance toward F while executing a checking block to F with an X-knife hand
21. **X-fist pressing block (L-stance)**
29: Move the left foot to F forming a right L-stance toward F while executing a pressing block with an X-fist
22. **Lean back for left front snap kick + wedging block, land twin vertical punch (walking stance) [2 moves]**
30: Execute a middle side front snap kick to F with the left foot while executing a middle wedging block with the inner forearm
31: Lower the left foot to F forming a left walking stance toward F while executing a high vertical punch to F with a twin fist
23. **Outward right knife-hand block + left pushing palm block (fixed stance)**
32: Move the right foot to F to form a right fixed stance toward F while executing a middle outward block with the right knife-hand and a middle pushing block with the left palm
24. **Middle left punch + slide (L-stance)**
33: Slide to F forming a right L-stance toward F while executing a middle punch to F with the left fist
25. **Step, step, jump into guarding block (backwards into L-stance)**
34: Move the left foot to the side rear of the right foot and the right foot to E to form a right L-stance toward F and then jump to E maintaining a right L-stance towards F while executing a middle guarding block to F with the forearm
26. **Turning kick, reverse side kick, land guarding block (L-stance) [3 moves]**
35: Execute a middle turning kick to DF with the right foot
36: Lower the right foot to F and then execute a middle back piercing kick to F with the left foot
37: Lower the left foot to F to form a right L-stance toward F while executing a middle guarding block to F with the forearm
27. **Upward right palm block (backwards into L-stance)**
38: Move the left foot to E forming a left L-stance toward F while executing an upward block to F with the right palm
28. **Circular block (move right foot over right shoulder into walking stance)**
39: Move the right foot to E forming a right walking stance to E while executing a circular block to ED with the left inner forearm
29. **Circular block (shift walking stance)**
40: Execute a circular block to DE with the right inner forearm while forming a right walking stance toward DF
30. **Double punch (step left foot back into sitting stance) [2 moves]**
41: Move the left foot on line EF to form a sitting stance toward D while executing a middle punch to D with the left fist
42: Execute a middle punch to D with the right fist while maintaining a sitting stance toward D

END: Bring the left foot back to a ready posture



4.0 Theory

4.1 Background

Consideration should be given to the following when preparing for the 5th Dan theory test:

- Colour belt memory test – the grading examiner may refer to any of the technical questions and answers outlined in the Colour Belt Manual, including pattern meanings.
- 1st Dan terminology test – as outlined in 1st to 2nd Dan manual.
- 2nd Dan terminology test- as outlined in 2nd to 3rd Dan manual.
- 3rd Dan terminology test- as outlined in 3rd to 4th Dan manual.
- Whilst all of the necessary Korean terminology is outlined in the above-mentioned manuals, you may wish to undertake more research on the internet to broaden your knowledge.
- A full appreciation of the **purpose** behind the blocks and attacks used, as well as the appropriate target areas.
- The role of the black belt within Sutton Schools of Tae Kwon-Do – for instance:
 - How can your knowledge be transferred to support the colour belt students?
 - How will your role as a 5th Dan differ to that of a 4th Dan?
 - Do you want to own your own club and become an Instructor?
 - How would you actively seek to support the Instructor?
- Questions may also operate at a more philosophical level – for instance?
 - How has Major Choi Hong-Hi contributed to the development of tae kwon-do across the world?
 - Which of the 4th Dan patterns has inspired you the most and why?
 - Which pattern to date has presented you with the most challenges and how have you approached the learning?
 - Do you support any of the philosophies outlined by the key characters referred to in the Dan grade or colour belt pattern meanings?