

光流現代武道

HRGB Martial Arts Academy

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Hello friends,

As we rush towards our upcoming grading [calendar](#), I'd like to take this opportunity to discuss several aspects of the grading for our white belts.

HRGB's grading is a coaching opportunity, meaning the event is for us to formally provide you feedback on your performance after the last few months of training. Unlike other schools, attendance will not ensure an automatic pass. You pass based on your performance that morning.

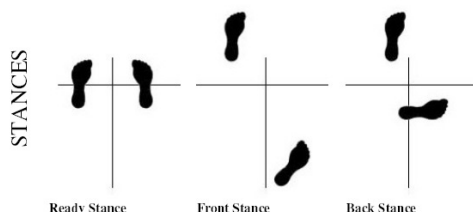
Everything that is tested will be drawn from the Taekwondo pattern you have learned and is covered in our [syllabus](#). All other variations that will be asked of you relates to the drills and exercises you have done during class.

The purpose of the grading is for you to show your understanding of the principles you have learned. You should not rush through the grading nor the performing of your pattern. A few points to note whilst performing techniques:

1. **Strikes and Blocks:** Strikes should land on the centre-line of your body. Strikes for white belt should only be at your solar plexus. If anything, the high level strike ends up at your nose level. Blocks should stop at the outer edge of the body, not beyond it. [Picture](#)
2. **Folding for Blocks:** You need to show coverage. Look at the photo on the right. Both the blocking hand and reaction hand are stretched around the body.
3. **Importance of Breathe:** Breathing should be synchronised to techniques. No breath, no points.
4. **Stances:** Front stances should be one shoulder width apart and two



shoulders long. Too often I see white belts with feet lined up, or stances too short. Power for Chunji isn't generated that way.



Our club is a small one. You shouldn't have too much anxiety over your performance.

Remember the BBQ at my place 10 December around 12pm. We'll still practice Thursday 7 December, but we'll stop training from then to the middle of January.

Colin Wee

Ps. Make sure your uniform is clean. Extra points if it looks ironed.