

JIN MOO KWAN GRADING EXAM Marking Guidance



When testing candidates for rank promotion, care and consideration should be taken for expectation of the required standard for the relevant gender, grade and age of the candidate.

Safeguarding of the candidate is also a high priority in modern times and the examiners and organisers have a duty of care towards everyone participating. Breaking is a very contentious issue especially with plastic breaking equipment, and you should be very careful when it comes to under 18 year olds. A waiver against injury has no real authority as a candidate cannot sign away their rights.

The following pages give guidance on what to look for in the various elements and techniques when conducting an examination. Make sure you take every consideration for those who may be used as stooges, paddle and board holders, who may not have a similar grade to the candidate and may not be sufficiently trained in certain elements.

Make sure everyone has relevant insurance cover including examiners and organisers

01**STANCES**

1. Feet in correct position
2. Rear leg straight in long stance
3. Back stance, hip/knee/ankle straight line
4. Correct foot alignment
5. Horse stance not too wide

02**PUNCHES**

1. Wrist not bent
2. Fist properly clenched
3. 2 knuckles
4. To correct target
5. Sufficient power
6. Strong Kihap

03**BLOCKS**

1. Initiates from correct position
2. Finishes in correct distance from body
3. Correct height of the block
4. Correct part of body for the block i.e. outer forearm
5. Use of non-blocking arm for cover and counter reaction
6. Correct rotation of hips and wrist
7. Stopping at correct alignment
8. Sufficient power
9. Correct timing with stance movement

04**KICKS**

1. Correct chamber
2. Pull back after kick before stepping down
3. Correct positioning of standing foot
4. Good balance
5. Hip extension
6. Correct target
7. Sufficient power
8. Correct part of the foot for that technique
9. Adequate recovery i.e. from a spinning or rotating kick

05

POOMSAE

1. Correct movement
2. Correct position of hands and feet
3. Correct speed
4. Correct target
5. Correct height of blocks
6. Use of breathing
7. Sufficient power
8. Strong tension for isometric movements
9. Looking in correct direction
10. Good expression and focus
11. Strong Kihap
12. Finishing position

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STEP SPARRING

1. Correct initiation with stepback
2. Good acknowledging Kihap
3. Correctly applied blocking
4. Well defined stances
5. Appropriate target
6. Good control of technique
7. Range of applications
8. Good balance
9. Viable techniques
10. Correct recovery

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SELF DEFENCE

1. Viable techniques
2. No over exaggeration
3. Not giving a false sense of security
4. Variety of defences and applications
5. Appropriate target
6. Good control of technique
7. Self defence is not about traditional performance
8. Do not use live weapons
10. Consider the attacker who may be of a different level and not trained or prepared for certain defences

08

TECHNICAL SPARRING

1. Appropriate distancing from opponent
2. Good guard
3. Variety of techniques of attack and defence
4. Quality of footwork and stepping
6. Correct target for attack
7. Use of combinations
8. Good control of technique

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BREAKING

1. Correct positioning before the strike
2. Allow for a number of initial line-ups
3. Use appropriate material i.e. not wet wood or bricks etc
4. Correct point of strike
5. Do not insist on retry if the candidate seems injured
6. If possible explain clearly what is expected
7. If a person makes incorrect line-ups do not let them proceed to break to risk potential injury
8. Breaking is contentious and you cannot force a person to do it