

Black stripe (1st gup) for promotion to 1st dan

1. Time and age requirements:

An average of two 1½ hour training sessions per week for 6 months since being promoted to 1st gup. A shorter time period may be considered, taking into account the candidate's individual circumstances and training record.

2. Defensive techniques:

- a. X-knifehand checking block (*kyocha sonkal momchau makgi*)
- b. Twin palm upward block (*sang sonbadak ollyo makgi*)
- c. Flying hooking kick (*twimyo golcho chagi*)

3. Offensive techniques:

- a. Downward punch (*naeryo jirugi*)
- b. Knifehand high front strike (*sonkal nopunde ap taerigi*)
- c. Reverse knifehand high front strike (*sonkal dung nopunde ap taerigi*)
- d. Flying downward kick (*twimyo naeryo chagi*)
- e. Flying high kick (*twimyo nopi chagi*)
- f. Overhead kick (*twio nomo chagi*)
- g. Consecutive kick (*yonsok chagi*)
- h. Combination kick (*honap chagi*)
- i. Skip kick (*duro gamyo chagi*)

4. **Pattern:** Choong-Moo Tul – 30 movements

5. **Sparring:** a. Step sparring (*ilbo matsogi*)

Competency in all gup levels of the step sparring syllabus as requested by the Examiners. This may include one step sparring where the attacker or the examiner determines the techniques that the attacker performs. Must demonstrate right and left sides equally for one step sparring.

- b. Free sparring (*jayu matsogi*)
With own rank and with black belts

6. **Self defence:** All gup level requirements

- b. Ground punch (*noowo jirugi*)
- c. Ground strike (*noowo taerigi*)
- d. Ground thrust (*noowo tulgi*)
- e. Holding (*bachigi*)
- f. Checking (*momchugi*)
- g. Covering (*karioogi*)

Foot technique (*bal gisool*)

- a. Ground checking kick (*noowo cha momchugi*)
- b. Ground crescent kick (*noowo bandal chagi*)
- c. Ground hooking kick (*noowo golcho chagi*)
- d. Ground piercing kick (*noowo cha jirugi*)
- e. Ground smashing kick (*noowo cha busigi*)
- f. Ground thrusting kick (*noowo cha tulgi*)
- g. Ground dodging (*noowo pihagi*)
- h. Knee bending (*moorup guburigi*)
- i. Leg crossing (*dari kogi*)

- 6. Patterns:**
- a. Kwang-Gae Tul – 39 movements
 - b. Po-Eun Tul – 36 movements
 - c. Ge-Baek Tul – 44 movements

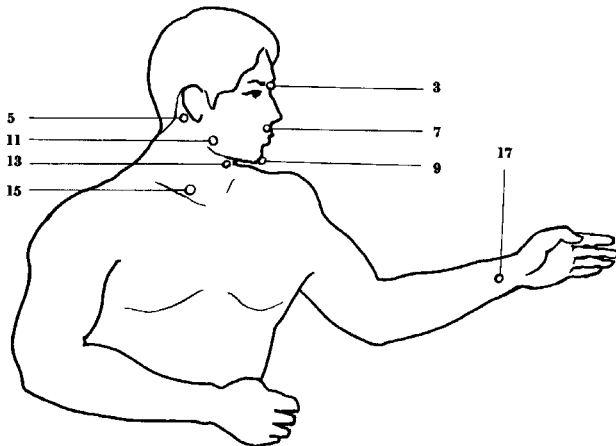
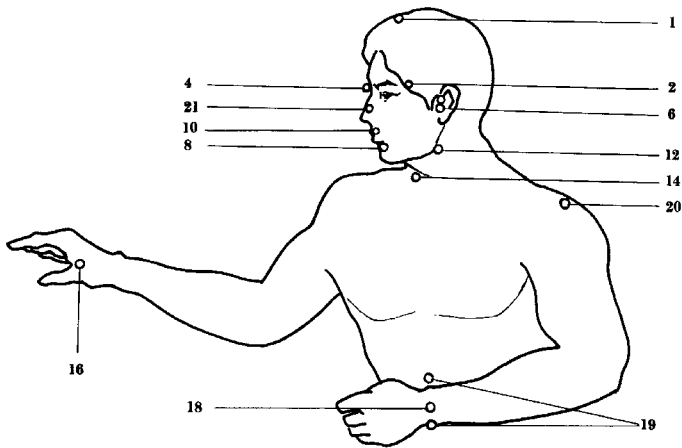
- 7. Sparring:**
- a. One step sparring (*ilbo matsogi*)
Own choice of around 6 one step sparring techniques including dodging techniques. The attacker or the examiner determines the techniques that the attacker performs. Should demonstrate right and left sides equally. **Candidate should also know all previous step sparring syllabi.**
 - b. Free sparring (*jayu matsogi*)
With partners of own rank and with more senior black belts, plus two onto one free sparring

- 8. Self defence:** On the ground
Non pre-arranged self defence techniques against an attacker or attackers while on the ground. Approximately 1½ minutes in duration. A pre-arranged partner is allowed.

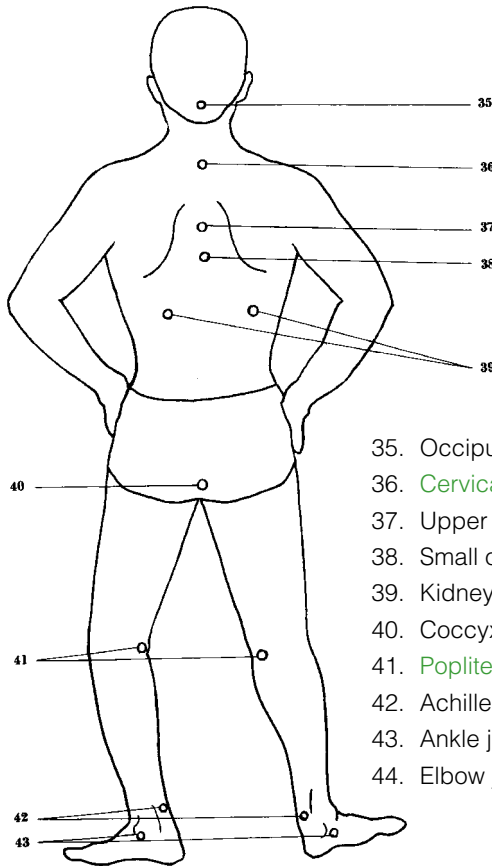
- 9. Destruction:** Power test:
- a. Hand - knifehand strike
Men: 2 boards. Women: 1 board.
Juniors: back piercing kick - 2 boards

d. Vital spots

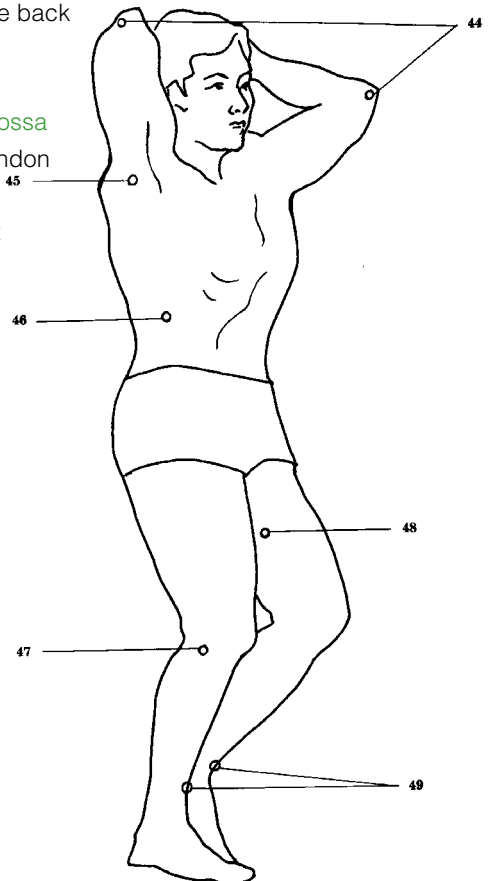
A vital spot in Taekwon-Do is defined as any sensitive or breakable area on the body vulnerable to an attack. It is essential that a student of Taekwon-Do has a knowledge of the different spots so that he can use the proper attacking or blocking tool. Indiscriminate attack is to be condemned as it is inefficient and wasteful of energy.



1. Skull
2. Temple
3. Bridge of the nose
4. Eyeball
5. Mastoid
6. Mandibular Nerve
7. Philtrum
8. Jaw
9. Point of the chin
10. Lips
11. Angle of the mandible
12. Upper neck
13. Adam's apple
14. Windpipe
15. Clavicle
16. Thenar Eminence
17. Radial artery
18. Back wrist artery
19. Wrist joint
20. Shoulder joint
21. Nose



- 35. Occiput
- 36. Cervical Spine
- 37. Upper back
- 38. Small of the back
- 39. Kidney
- 40. Coccyx
- 41. Popliteal Fossa
- 42. Achilles tendon
- 43. Ankle joint
- 44. Elbow joint



- 45. Armpit
- 46. Floating ribs
- 47. Knee joint
- 48. Inner thigh
- 49. Tibia

- l. High elbow strike (*nopunde palkup taerigi*)
- m. Mid-air strike (*twio dolmyo taerigi*)
- n. Straight elbow downward thrust (*sun palkup naeryo tulgi*)
- o. Arc hand crescent strike (*bandal son bandal taerigi*)
- p. Twin knifehand inward strike (*sang sonkal anuro taerigi*)
- q. Backfist horizontal strike (*dung joomuk soopyong taerigi*)
- r. Flying consecutive punch (*twimyo yonsok jirugi*)
- s. Knee front snap kick (*moorup apcha busigi*)
- t. Dodging reverse turning kick (*pihamyo bandae dollyo chagi*)
- u. Two direction kick - side twisting, front back (*sangbang chagi - yop bituro chagi, ap dwi chagi*)
- v. Stamping kick (*cha bapgi*)
- w. Straight kick (*jigeau chagi*)

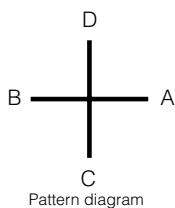
- 5. Patterns:**
- a. Eui-Am Tul – 45 movements
 - b. Choong-Jang Tul – 52 movements
 - c. Juche Tul – 45 movements

- 6. Sparring:**
- a. One step sparring (*ilbo matsogi*)
Own choice of around 6 one step sparring techniques including flying double kicks, flying consecutive kicks and flying combination kicks. The attacker or the examiner determines the techniques that the attacker performs. Should demonstrate right and left sides equally. **Candidate should also know all previous step sparring syllabi.**
 - b. Pre-arranged free sparring (*yaksok jayu matsogi*)
At least 3 routines with attacker of own choice. A pre-arranged partner is allowed. Approximately 1½ minutes in duration.
 - c. Free sparring (*jayu matsogi*)
With partners of own rank and with more senior black belts, plus two onto one free sparring

- 7. Self defence:** Against weapon attack
Non pre-arranged defence against a stick attack. A pre-arranged partner is allowed. Approximately 1½ minutes in duration.

- 6. Sparring:**
- a. Model sparring (*mobum matsogi*)
Five routines. A pre-arranged partner is allowed.
Candidate should also know all previous step sparring syllabi.
 - b. Free sparring (*jayu matsogi*)
With partners of own rank and with more senior black belts, plus two onto one free sparring
- 7. Self defence:** Multiple Attackers
Non pre-arranged defence against multiple opponents. Approximately 1½ minutes in duration. Pre-arranged partners are allowed.
- 8. Destruction:** Power test:
- a. Hand - hand technique of own choice
Men: 3 boards. Women: 2 boards
 - b. Foot - foot technique of own choice
Men: 4 boards. Women: 3 boards
- Special technique:
- a. Specialty break
Men and Women: Break of your own choice. Degree of difficulty is taken into consideration.
- 9. Fitness:** Fitness test - see appendix D for details

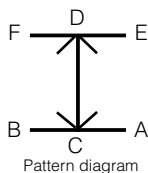
- 10. Theory:** All theory contained within the Coloured Belt Techniques Syllabus Handbook, general knowledge of Taekwon-Do, plus:



- a. Pattern meanings

Meaning of Sam-il

Sam-il denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.



Meaning of Yoo-Sin

Yoo-Sin is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 AD, the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.

Etiquette (*ye jol*):

A high degree of etiquette should be observed by students, both inside and outside the do jang. This should be applied by lower ranking students to senior students while training, by higher ranking students to elder students outside of the training hall (do jang), and by all students when visiting another do jang. In all cases, emphasis should be placed on correct and proper salutation. It is a form of respect and courtesy in Western as well as Oriental societies.

It is indeed poor taste for a black belt to slight a beginning white belt who might very well be the Instructor's senior in both age and station. Students visiting other do jangs, whether they be Taekwon-Do or other martial arts, must pay proper respect and observe the traits of modesty and courtesy at all times.

- 11. Thesis:** A study on any Taekwon-Do related topic which would be of value to other Instructors and students and may be suitable for publication. Should contain original material. Length at least 3000 words.
- 12. Credits:** Must accumulate a minimum of 15 contribution credits since being promoted to 3rd dan. The applicant must supply list of credits when applying for the grading, which will be verified by the Instructor or Regional Director. See appendix B for more details.
- 13. Qualifications:**
- a. Must be a qualified Umpire.
 - b. Must have officiated at 4 tournaments since last promotion.
 - c. Must have attended an ITF International Instructors' Course since last promotion **and have a current ITF Teaching licence.**
 - d. Must have successfully completed an Instructors' Induction Course as well as at least 6 months assisting in a class under the guidance of a qualified instructor. See appendix B for more details.
- 14. Reference:** Must provide a character reference from two key people within your own region, e.g Regional Director or senior Instructor. The reference must be in support of your application to grade.
- 15. Supervisor:** All candidates must come under the guidance of a supervisor in the 6 months leading up to the grading. A brief monthly assessment from the supervisor is required providing fitness test results and comments on the candidate's technical ability.

7. Students should be encouraged to visit other *do jang* and study other techniques. Students who are forbidden to visit other *do jang* are likely to become rebellious. There are two advantages for allowing the students to visit other gyms: not only is there the possibility that a student may observe a technique that is ideally suited for him, but he may also have a chance to learn by comparing his techniques to inferior techniques.
8. All students should be treated equally, there should be no favourites. Student should always be scolded in private, never in front of the class.
9. If the Instructor is not able to answer a student's question, he should not fabricate an answer but admit he does not know and attempt to find the answer as soon as possible. All too often, will a lower degree black belt dispense illogical answers to his students merely because he is afraid of "losing face" because he does not know the answer.
10. An Instructor should not seek any favours such as cleaning the studio, doing repair works, etc. from his students.
11. An Instructor should not exploit his students. The only purpose of an Instructor is to produce both technically and mentally excellent students.
12. Always be honest with the students, and never break a trust.

12. Credits: Must accumulate a minimum of 20 contribution credits since being promoted to 4th dan. The applicant must supply list of credits when applying for the grading, which will be verified by the Instructor or Regional Director. See appendix B for more details.

13. Qualifications:

- a. Must be a qualified Umpire.
- b. Must have officiated at 5 tournaments since last promotion.
- c. Must have attended an ITF International Instructors' Course since last promotion **and have a current ITF Teaching licence.**
- d. Must have successfully completed an Instructors' Induction Course as well as at least 6 months assisting in a class under the guidance of a qualified instructor. See appendix B for more details.

14. Reference: Must provide a character reference from two key people within your own region, e.g Regional Director or senior Instructor. The reference must be in support of your application to grade.

15. Supervisor: All candidates must come under the guidance of a supervisor in the 6 months leading up to the grading. A brief monthly assessment from the supervisor is required providing fitness test results and comments on the candidate's technical ability.

Black Belt (5th dan) for promotion to 6th dan

1. Time requirement:

An average of two 1½ hour training sessions per week for 5 years since being promoted to 5th dan.

2. Stances: a. One-leg stance with instep to hollow of knee (*waebal sogi*)

3. Defensive techniques:

- a. Knifehand low block and inner forearm middle outward block (*sonkal najunde makgi wa ap palmok kaunde bakuro maki*)
- b. Palm obverse pressing block (*sonbadak baro noollo makgi*)

4. Offensive techniques:

- a. Vertical punch (*sewo jirugi*)

5. Patterns: a. So-San Tul – 72 movements b. Se-Jong Tul – 24 movements

6. Sparring: A good knowledge of all forms of sparring. Testing requirements are at the discretion of the Examiners.

7. Self defence: Testing requirements are at the discretion of the Examiners.

8. Destruction: Power test:

- a. Hand - hand technique of own choice
Men: 3 boards. Women: 2 boards
- b. Foot - foot technique of own choice
Men: 4 boards. Women: 3 boards

Special technique:

- a. Specialty break
Men and Women: Break of your own choice. Degree of difficulty is taken into consideration.

9. Fitness: Fitness test - see appendix D for details

5. Be a willing teacher to anyone regardless of religion, race or ideology.
6. Never yield to repression or threat in the pursuit of a noble cause.
7. Teach attitude and skill with action rather than words.
8. Always be yourself even though your circumstances may change.
9. Be the eternal teacher who teaches with the body when young, with words when old, and by moral precept even after death.

12. Credits:

Must accumulate a minimum of 25 contribution credits since being promoted to 5th dan. The applicant must supply list of credits when applying for the grading, which will be verified by the Instructor or Regional Director. See appendix B for more details.

13. Qualifications:

- a. Must be a qualified Umpire.
- b. Must have officiated at 6 tournaments since last promotion.
- c. Must have attended an ITF International Instructors' Course since last promotion **and have a current ITF Teaching licence.**
- d. Must have successfully completed an Instructors' Induction Course as well as at least 6 months assisting in a class under the guidance of a qualified instructor. See appendix B for more details.

14. Reference:

Must provide a character reference from two key people within your own region, e.g Regional Director or senior Instructor. The reference must be in support of your application to grade.

15. Supervisor:

All candidates must come under the guidance of a supervisor in the 6 months leading up to the grading. A brief monthly assessment from the supervisor is required providing fitness test results and comments on the candidate's technical ability.

Black Belt (6th dan) for promotion to 7th dan

1. Time requirement:

An average of two 1½ hour training sessions per week for 6 years since being promoted to 6th dan. Minimum age, 40 years.

2. Defensive techniques:

- a. Palm low inward block (*sonbadak najunde anuro makgi*)
- b. Twin palm horizontal block (*sang sonbadak soopyong makgi*)
- c. Bow wrist upward block (*sonmokdung ollyo makgi*)
- d. Knifehand circular block (*sonkal dollimyo makgi*)

3. Offensive techniques:

- a. Twin fist middle punch (*sang joomuk kaunde jirugi*)
- b. Backhand outward strike (*sondung bakuro taerigi*)
- c. Angle fingertip thrust (*homi sonkut tulgi*)
- d. Underfist front strike (*mit joomuk ap taerigi*)
- e. Twin side back elbow thrust (*sang yopdwi palkup tulgi*)

4. Patterns:

Tong-il Tul – 56 movements



Pattern diagram

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

5. Credits:

Must accumulate a minimum of 30 contribution credits since being promoted to 6th dan. The applicant must supply list of credits when applying for the grading, which will be verified by the Instructor or Regional Director. See appendix B for more details.

6. Qualifications:

- a. Must be a qualified Umpire.
- b. Must have officiated at 7 tournaments since last promotion.
- c. Must have attended an ITF International Instructors' Course since last promotion and have a current ITF Teaching licence.
- ~~d. Must be a current Instructor or Assistant Instructor.~~
- e. Must fulfil any other requirements as stipulated by the ITF. Refer to the ITF website for further information: www.tkd-itf.org

Special dispensation policy

The examiners at any grading will take necessary cognisance of any age requirements, medical condition or physical disabilities that a member has. This is to be advised to the grading panel prior to the actual grading. In the instance of a medical condition or physical disability a medical certificate or report from an approved specialist would be expected to accompany the member's application for grading. The panel will assess each individual case based on circumstances and supporting information. The sitting examiners will apply alternative variations to tests to compensate for age requirements, the medical condition, or physical disability.

Appendix B - Credit points and Qualifications

All applicants must have accumulated the required number of credit points before applying for the grading. This ensures members are contributing to their school, organisation and to the art. Credit points are separated into "**Attendance Credits**" and "**Contribution Credits**".

Attendance Credits are gained by attending such things as International Taekwon-Do tournaments, camps, seminars and other events outside of normal club trainings. Contribution Credits are gained by contributing to the organisation, by assisting with such things as umpiring, instructing or organising events.

Examples of Attendance Credits

Participating in a tournament, camp, seminar, demonstration or special training, outside of normal club training sessions - 1 point each.

Examples of Contribution Credits

Assisting with instructing or other regular duties at club - 1 point, Community service - 1 point, Writing an article for Taekwon-Do Talk Magazine - 1 point, Umpiring or officiating at a tournament - 1 point *per day (or half day - half point)*, Instructing at a camp or seminar - 1 point, Being an official Assistant Instructor - 3 points, Organising a Regional Camp or Tournament - 5 points, Organising a National Tournament, Camp or Seminar - 10 points, Being a member of Management or an Advisory Group - 10 points, Being an Advisor or member of the Board - 10 points, Being an Instructor - 10 points.

Note: Marshalling at a grading is considered a duty of a black belt and does not earn a credit points.

Tournament Official Requirement (for 2nd dan and higher).

The requirement to officiate at tournaments is defined as being an umpire (referee, judge, Jury) or other official (draw manager, organiser, ring marshal) *for either half a day, a full day, or for the full duration of the tournament*. This does not include coaching or seconding

Instructing requirement (for 1st dan and above who are not instructors or assistant instructors).

From 2014 all candidates testing for 1st dan and above must have successfully completed an Instructors' Induction Course (including the practical requirements of that course) and also assisted in a formal class for at least 6 months under the guidance of a qualified instructor. The candidate's instructor must confirm this practical requirements has been satisfactorily completed at the time of application. This requirement is required only once, not for every dan grading.

Fitness test scoring

Points:	4	3.5	3	2.5	2	1.5	1	.5
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Run (under times shown in minutes / seconds)

Male

Under 40 years	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30
40 years & over	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30
50 years & over	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30

Female

Under 40 years	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30
40 years & over	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30
50 years & over	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30

Press ups (number correctly completed)

Male	50	45	40	35	30	25	20	15
Female	30		25		20		15	

Front Plank (minutes holding the position correctly)

Male & female	4	3.5	3	2.5	2	1.5	1	.5
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Fitness test for those 50 years of age

Those 50 years and over have the option of completing the fitness test up to 4 weeks prior to the black belt grading. The fitness test must be conducted after the application is submitted, and overseen by an examiner (unless in an isolated location). The examiner would pass on the test results to the grading examiners. On the day of the grading the candidate would be encouraged to assist with the test or join in parts of it.

Fitness test for 4th dan and above

The fitness test requirements change from year to year, but will normally include a 6 month monitored build-up under the guidance of a supervisor. This test may include strength endurance tests such as timed press ups, burpees, squats and chin-ups. It will also likely include a core strength test as well as general body composition monitoring.

For the current requirements please see:

www.itkd.co.nz/events/gradings/black-belts/senior-dan-requirements.php