



***International[®]
Taekwon-Do***

techniques handbook

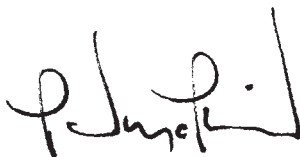
Black Belt Techniques Syllabus

This handbook contains the requirements for each degree (dan) as set down by International Taekwon-Do. It is designed to provide a basic reference source, and a guideline for testing up to 8th degree black belt. Promotion to 9th degree is governed and controlled directly by the International Taekwon-Do Federation (ITF).

The majority of material in this handbook was obtained from the Encyclopaedia of Taekwon-Do by General Choi Hong Hi, Founder of Taekwon-Do. All students are encouraged to study the encyclopaedia to further their knowledge. It is available as a 15 volume set and a condensed version.

Students should know the theory of all levels below their own including the contents of the ITKD Self-defence handbook, plus have a good general knowledge of Taekwon-Do and the organisation here in New Zealand and the ITF. This information can be found on the ITF and International Taekwon-Do websites. Black belt grading information and on-line application form are on the International Taekwon-Do members website: itkd.co.nz.

I wish to acknowledge the valuable assistance of Master Mark Banicevich in the preparation of this handbook, Mr Malcolm Doidge for providing the fitness graphics, and our proof readers: Mrs Anna Bulley, Mrs Mary Daborn, Mrs Anika Koziarski and Miss Lea Muetzel.

A handwritten signature in black ink, appearing to read 'P. McPhail', with a stylized flourish at the end.

Grand Master Paul McPhail
Technical Advisor

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

1. Time requirement:

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. Flying downward kick (*twimyo naeryo chagi*)
- d. Flying high kick (*twimyo nopi chagi*)
- e. Overhead kick (*twio nomo chagi*)
- f. Consecutive kick (*yonsok chagi*)
- g. Combination kick (*honap chagi*)
- h. Skip kick (*duro gamyo chagi*)

4. Pattern: Choong-Moo Tul – 30 movements

5. Sparring: a. Step sparring

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
With own rank and with black belts.

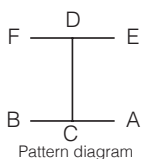
6. Self-defence: All gup level requirements. Refer to the self-defence handbook.

- 7. Destruction:** Power test:
- Hand - downward punch or downward knifehand strike
Male: 6 tiles. Female: 3 tiles. Juniors: front elbow strike - 2 boards.
 - Foot - side piercing kick
Male: 3 boards. Female & Juniors: 2 boards.
- Special technique:
- Flying high kick - 1 board.
Everyone: Board at forefist height with the arm extended above the head.
 - Overhead kick - 1 board.
Male: over 5 people. Female: over 3 people.
Top of the board held at chest height of the candidate while standing.

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

9. Theory: All theory contained within the Coloured Belt Techniques Handbooks, general knowledge of Taekwon-Do, plus:

Meaning of Choong-Moo



Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

10. Oral interview: Must participate in a discussion with the examiners so that both the candidate's knowledge of Taekwon-Do and their attitude can be evaluated.

11. Credits: Must accumulate a minimum of 10 attendance or contribution credit points since joining International Taekwon-Do. The applicant must supply a list of credits when applying for the grading, which will be verified by the instructor or Regional Director. See appendix B for more details.

12. Qualifications: 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 A for more details.

Black belt (1st dan) for promotion to 2nd dan

1. Time requirement:

An average of two 1½ hour training sessions per week for 18 months since being promoted to 1st dan.

2. Stances:

- a. One leg stance (*waebal sogi*)
- b. Parallel stance heaven hand (*narani so hanulson*)
- c. Double stepping (*ibo omgyo didigi*)
- d. Double step turning (*ibo omgyo didimyongolgi*)
- e. Foot shifting (*jajun bal*) - both feet

3. Defensive techniques:

- a. Double arc hand block (*doo bandal son makgi*)
- b. Forefist pressing block (*ap joomuk noollo makgi*)
- c. Inner forearm wedging block (*an palmok hechyo makgi*)
- d. Forearm low front block (*palmok najunde ap makgi*)
- e. Forearm low reverse block (*palmok najunde bandae makgi*)
- f. Nine (9) shape block (*gutja makgi*)
- g. Reverse knifehand low guarding block (*sonkal dung najunde daebi makgi*)
- h. Scooping block (*duro makgi*)
- i. U-shape grasp (*digutja japggi*)

4. Offensive techniques:

- a. Back elbow thrust (*dwit palkup tulgi*)
- b. Back fist front strike (*dung joomuk ap taerigi*)
- c. Horizontal punch (*soopyong jirugi*)
- d. Middle knuckle fist punch (*joongji joomuk jirugi*)
- e. Side fist downward strike (*yop joomuk naeryo taerigi*)
- f. Twin elbow horizontal thrust (*sang palkup soopyong tulgi*)
- g. Upset punch (*dwijibo jirugi*)
- h. Pressing kick (*noollo chagi*)

5. Ground techniques:

Hand technique (*son gisool*)

- a. Ground crosscut (*noowo ghutgi*)
- 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.

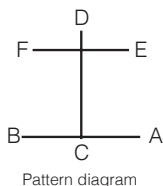
- 8. Self-defence:** On the ground (a pre-arranged partner is allowed)
- a. Breakfalling
Be able to demonstrate basic breakfalling drills as well as showing proficiency in breakfalling throughout the grading.
 - b. Defending
Defend against an opponent in a standing position, a ground mount position and in a ground T-position.
 - c. Disengaging
Demonstrate the get-up and tactical disengagement in a realistic manner, alone as well as throughout the self-defence portion of the grading.

- 9. Destruction:** Power test:
- a. Hand - knifehand strike
Male: 2 boards. Female: 1 board.
Juniors: back piercing kick - 2 boards.
 - b. Foot - turning kick
Male: 3 boards. Female & Juniors: 2 boards.
Special technique:
 - a. Flying turning kick - 1 board.
Everyone: Top of board at top of head height standing.
 - b. Flying reverse turning kick - 1 board.
Everyone: Top of board at top of head height standing.

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

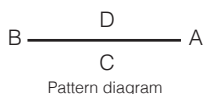
11. Theory: All theory contained within the Coloured Belt Techniques Handbooks, all previous black belt theory, general knowledge of Taekwon-Do, plus:

- a. Pattern meanings



Meaning of Kwang-Gae

Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th king of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.



Meaning of Po-Eun

Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.



Meaning of Ge-Baek

Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

b. Meaning of the Black Belt

Opposite to white, therefore signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

c. Theory of Power

The beginning student may ask; "Where does one obtain the power to create the devastating results attributed to Taekwon-Do?" This power is attributed to the utilisation of a person's full potential through the mathematical application of Taekwon-Do techniques. The average person uses only 10 to 20 percent of their potential. Anyone, regardless of size, age, or sex who can condition themselves to use 100 percent of his or her potential can also perform the same destructive techniques.

Though training will certainly result in a superb level of physical fitness, it will not necessarily result in the acquisition of extraordinary stamina or superhuman strength. More important, Taekwon-Do training will result in obtaining a high level of reaction force, concentration, equilibrium, breath control and speed; these are the factors that will result in a high degree of physical power.

Reaction Force (*bandong ryok*)

According to Newton's Law, every force has an equal and opposite force. When an automobile crashes into a wall with the force of 2,000 pounds, the wall will return a force of 2,000 pounds; or forcing the end of a seesaw down with a ton of weight will provide an upward force of the same weight; if your opponent is rushing towards you at a high speed, by the slightest blow at their head, the force with which you strike their head would be that of their own onslaught plus that of your blow.

The two forces combined; theirs, which is large, and yours, which is small, are quite impressive. This, then, is the reaction force from the opponent. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

Concentration (*jip joong*)

By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. For example, the force of water coming out of a water hose is greater if the outlet is smaller. Conversely, the weight of a person spread out on snow shoes makes hardly any impression on the snow. The blows in Taekwon-Do are often concentrated onto the edge of the open palm or to the crook of the fingers.

It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent's body, the force must be so concentrated as to give a knockout blow. That is to say, the shorter the time for the concentration, the greater will be the power of the blow. The utmost concentration is required in order to mobilise every muscle of the body onto the smallest target area simultaneously.

In conclusion, concentration is done in two ways: one is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used at the proper time; the second way is to concentrate such mobilised muscles onto the opponent's vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it be attack or defence.

Remember, jerking can be executed in two ways: laterally and vertically.

Equilibrium (*kyun hyung*)

Balance is of utmost importance in any type of athletics. In Taekwon-Do, it deserves special consideration. By keeping the body always in equilibrium, that is, well balanced, a blow is more effective and deadly. Conversely, the unbalanced one is easily toppled. The stance should always be stable yet flexible, for both offensive and defensive movements.

Equilibrium is classified into both dynamic and static stability. They are so closely interrelated that the maximum force can only be produced when the static stability is maintained through dynamic stability.

To maintain good equilibrium, the centre of gravity of the stance must fall on a straight line midway between both legs when the body weight is distributed equally on both legs, or in the centre of the foot if it is necessary to concentrate the bulk of body weight on one foot. The centre of gravity can be adjusted according to body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery. One additional point; the heel of the rear foot should never be off the ground at the point of impact. This is not only necessary for good balance but also to produce maximum power at the point of impact.

Speed (*sokdo*)

Speed is the most essential factor of force or power. Scientifically, force equals mass x acceleration ($F = ma$) or ($P = 0.5mV^2$).

According to the theory of kinetic energy, every object increases its weight as well as speed in a downward movement. This very principle is applied to this particular art of self-defence. For this reason, at the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air.

Reaction force, breath control, equilibrium, concentration and relaxation of the muscles cannot be ignored. However, these are the factors that contribute to the speed and all these factors, together with flexible and rhythmic movements, must be well coordinated to produce the maximum power in Taekwon-Do.

Breath Control (*hohup jojul*)

Controlled breathing not only affects one's stamina and speed but can also condition a body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent a loss of consciousness and stifle pain. A sharp exhaling of breath at the moment of impact and stopping the breath during the execution of a movement tenses the abdomen to concentrate maximum effort on the delivery of the motion, while a slow inhaling helps the preparation of the next movement. An important rule to remember: Never inhale while focusing a block or blow against an opponent. Not only will this impede movement but it will also result in a loss of power.

Students should also practice disguised breathing to conceal any outward signs of fatigue. An experienced fighter will certainly press an attack when he or she realises their opponent is on the point of exhaustion.

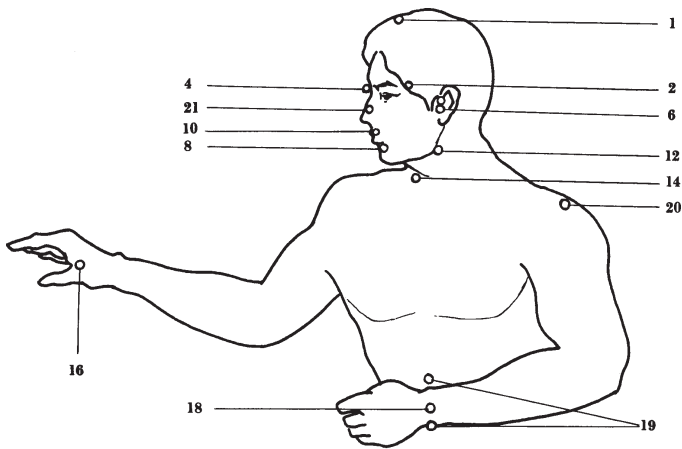
One breath is required for one movement with the exception of a connecting motion.

Mass (*zilyang*)

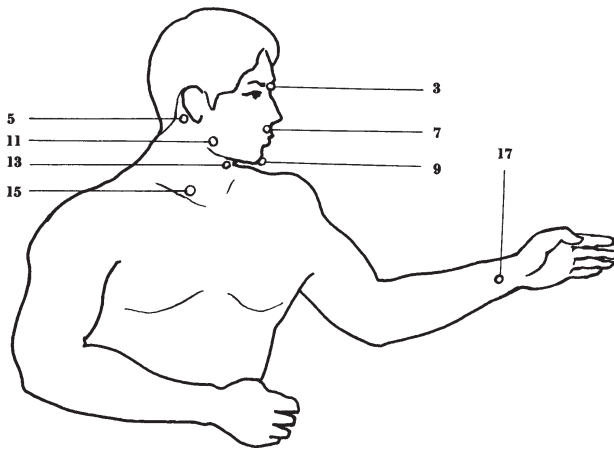
Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed and it is all important that the body weight be increased during the execution of a blow. No doubt the maximum body weight is applied with the motion by turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool. Another way of increasing body weight is the utilisation of a springing action of the knee joint. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion.

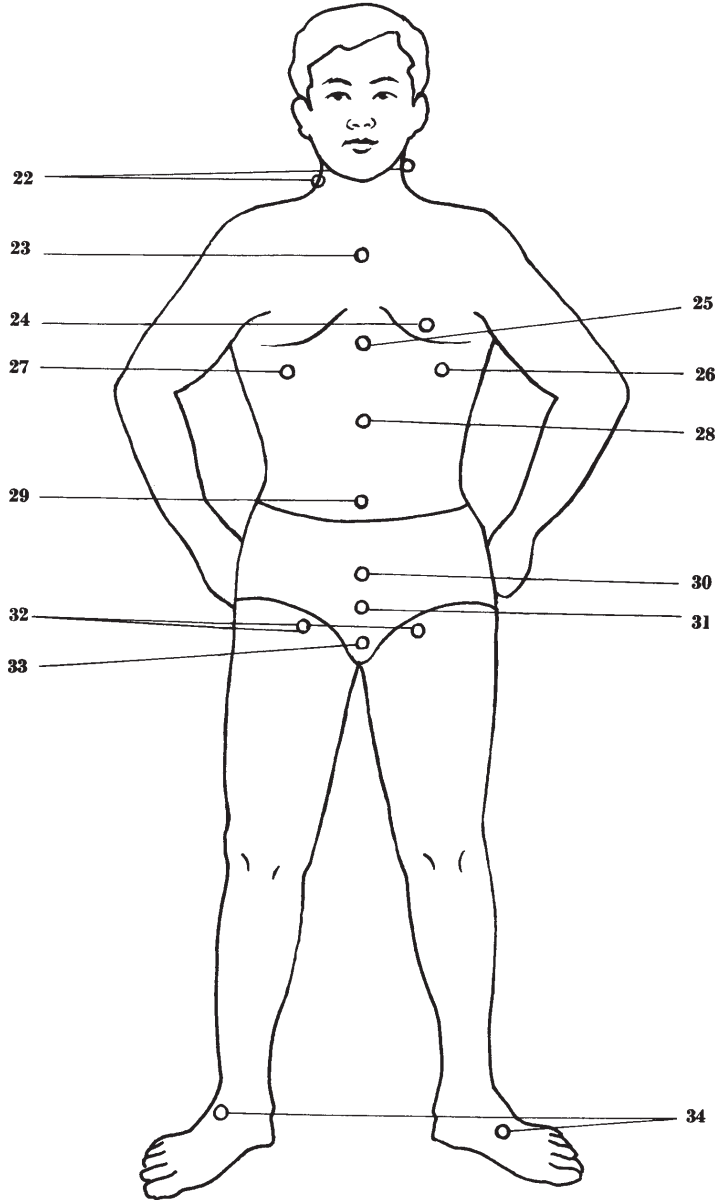
d. Vital spots

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 the proper attacking or blocking tool can be used. Indiscriminate attack is to be condemned as it is inefficient and wasteful of energy.

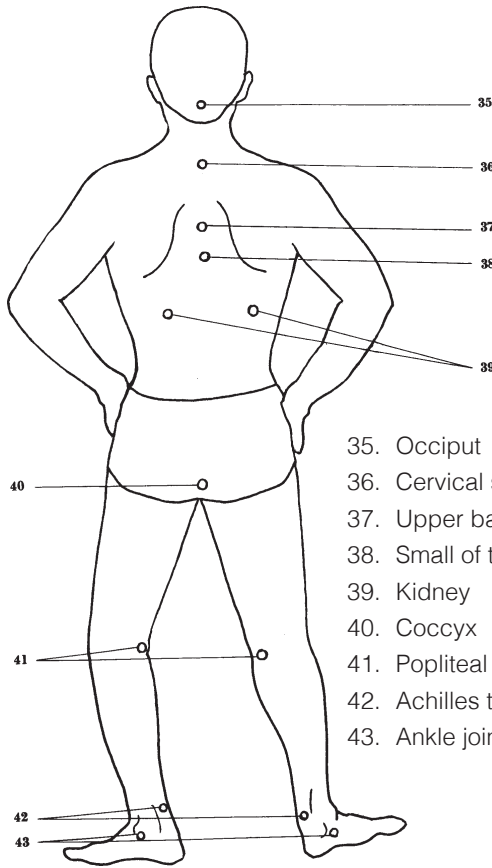


1. Skull
2. Temple
3. Bridge of the nose
4. Eyeball
5. Mastoid
6. Mandibular nerve
7. Philtrum
8. Jaw
9. Point of the chin
10. Lips
11. Angle of the mandible
12. Upper neck
13. Adam's apple
14. Windpipe
15. Clavicle
16. Thenar eminence
17. Radial artery
18. Back wrist artery
19. Wrist joint
20. Shoulder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

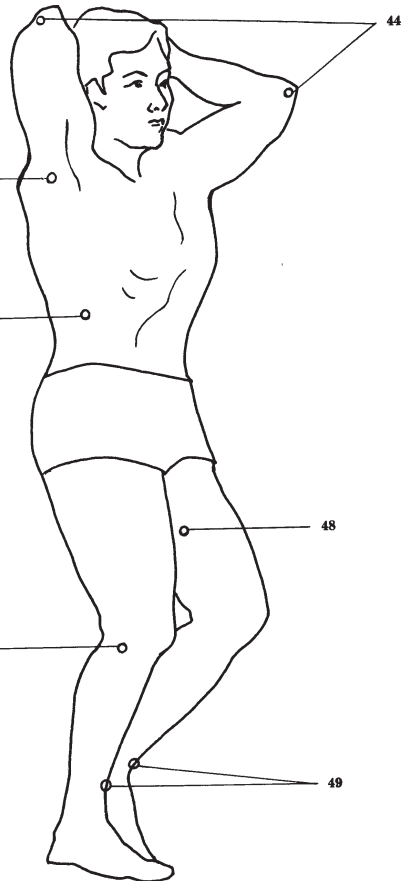




- 22. Neck artery
- 23. Sternum
- 24. Heart
- 25. Epigastrium
- 26. Spleen
- 27. Liver
- 28. Solar plexus
- 29. Umbilicus
- 30. Lower abdomen
- 31. Pubic region
- 32. Groin
- 33. Scrotum
- 34. Instep



- 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

e. Stances

The forceful and finer techniques of attack and defence are largely dependent on a correct stance since the stance is the starting point of every Taekwon-Do movement. Stability, agility, balance and flexibility are the controlling factors.

Basic principles for a proper stance are:

1. Keep the back straight, with few exceptions.
2. Relax the shoulders.
3. Tense the abdomen.
4. Maintain a correct facing. The stance may be full facing, half facing or side facing the opponent.
5. Maintain equilibrium.
6. Make use of the knee spring properly.

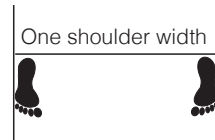
Close stance (*moa sogi*)

- full facing or side facing
- body weight even on both feet



Parallel stance (*narani sogi*)

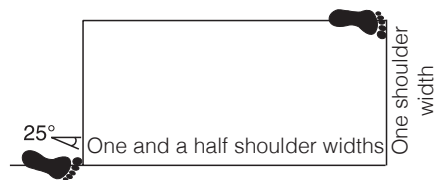
- full facing or side facing
- body weight even on both feet



Walking stance (*gunnun sogi*)

This is a strong stance for front and rear, both in attack and defence.

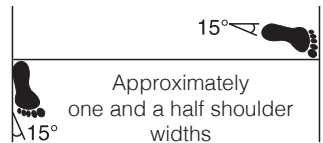
- full facing or half facing
- body weight even on both feet
- when the right leg is in the front it is a right stance, and vice versa
- bend the front leg until the knee cap forms a vertical line with the heel, extending the opposite leg fully
- tense the muscles of the feet with the feeling of pulling them toward each other



L-stance (*niunja sogi*)

This is widely used for defence, though used in attack as well. The front foot is readily available for kicking with a slight shift of the body weight and with the advantage of half facing as well as body shifting.

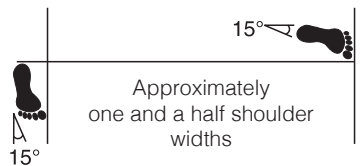
- the distance between the toes of the front foot and the footsword of the rear foot is about one and a half shoulder widths
- the toes of both feet point 15 degrees inward
- place the heel of the front foot 2.5cm beyond the heel of the rear foot
- always half facing
- about 70 percent body weight on the rear leg and 30 percent on the front leg
- when the right leg is in the rear it is a right stance, and vice versa
- bend the rear leg until the knee cap forms a vertical line with the toes, bending the front leg proportionally



Fixed stance (*gojung sogi*)

It is an effective stance for attack and defence to the side.

- the distance between the big toes is about one and a half shoulder widths
- the toes of both feet point 15 degrees inward
- always half facing
- body weight even on both feet
- when the right leg is in the front it is a right stance, and vice versa

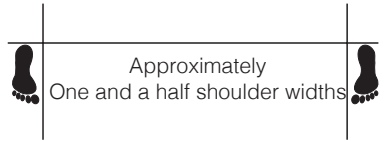


Sitting stance (*annun sogi*)

This is a very stable stance for lateral movement. It is also widely used for punching exercise and muscle development of the legs. One of the advantages of this stance is to shift into walking stance without relocating the foot.

- full facing or side facing
- body weight even on both feet
- extend the knees outward, bending until the knee caps come over the balls of the feet

- infuse the strength into the inner thighs and tense inward by scraping the ground or floor with the side soles

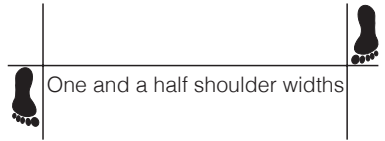


- push both the chest and abdomen out and pull the hip back tensing the abdomen

Diagonal stance (*sasun sogi*)

This is very useful for shifting into a walking stance without relocating the foot. It is used for attacking or defending against the front or rear.

- full facing or side facing
- body weight even on both feet
- when the right leg is in the front it is a right stance, and vice versa



X-stance (*kyocha sogi*)

This is a very convenient stance, in particular for attacking the side or front in a jumping motion. It is frequently used for blocking and serves as a preparatory stance for moving into the next manoeuvre.

- full, side or half facing
- body weight on the stationary foot
- when the weight is rested on the right foot it is a right stance, and vice versa
- cross one foot over or behind the other, touching the ground slightly with the ball of the foot
- one foot always crosses over the front of the other with the exception of a jumping motion



One-leg stance (*waebal sogi*)

Though this stance is primarily used for balance exercise, it is occasionally utilised in attack and defence techniques. Stretch the stationary leg and bring the other reverse footsword on the knee joint or instep to the hollow.

- full facing or side facing
- body weight on the stationary foot
- when standing with the right foot it is a right stance, and vice versa

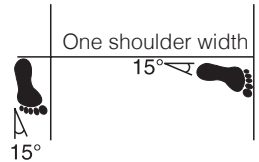
Bending stance (*guburyo sogi*)

This serves as a preparatory stance for side and back kicks, though it is frequently used for defence techniques.

- full facing or half facing
- body weight on the stationary foot
- when standing with the right foot it is a right stance, and vice versa

Vertical stance (*soojik sogi*)

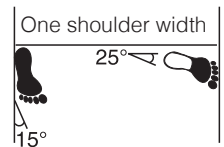
- always half facing
- 60 percent body weight on the rear leg and 40 percent on the front leg
- when the right leg is in the rear it is a right stance, and vice versa
- keep the legs straight



Rear foot stance (*dwitbal sogi*)

This is used for defence and occasionally for attack. The advantage of this stance is the ability to kick or adjust the distance from an opponent with the front foot which can move spontaneously without any additional shifting of the body weight to the rear foot.

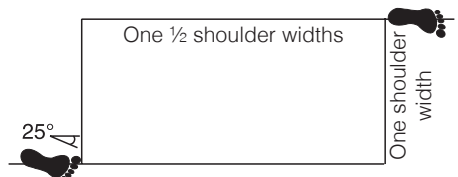
- always half facing
- body weight mostly on the rear foot
- when the right leg is in the rear it is a right stance, and vice versa
- bend the rear leg until the knee comes over the toes, placing the heel slightly beyond the heel of the front foot
- bend the front leg, touching the ground slightly with the ball of the foot
- be sure to keep the knee of the rear leg pointing slightly inward



Low stance (*nachuo sogi*)

The advantage of this stance is the ease with which one can extend the attacking tool. It can also develop the leg muscles and is effective to adjust the distance to and from the target.

- full facing or half facing
- body weight even on both feet
- when the right leg is in the front it is a right stance, and vice versa



Ready stance (*junbi sogi*)

Though there are many ready stances, parallel, walking, sitting, L-, X, close and bending ready stances are exclusively used in the fundamental and pattern exercises. The ready stance is not a direct part of any action. It merely positions a student before a motion begins, or allows time for concentration of spirit.

Attention stance (*charyot sogi*)

This is an attention position used before and after each exercise.

- feet form a 45 degree angle
- drop the fists down naturally, bending the elbows slightly so that the fists are about 20 cm away from the legs
- the fists are clenched lightly
- eyes face the front slightly above the horizontal line

Bow posture (*kyong ye jase*)

- bend the body 15 degrees forward
- keep eyes fixed on opponent's eyes



12. Oral interview: Must participate in a discussion with the examiners so that both the candidate's knowledge of Taekwon-Do and their attitude can be evaluated.

13. Credits: Must accumulate a minimum of 5 contribution credits since being promoted to 1st dan, at least 2 of which must be for officiating in tournaments. The applicant must supply a list of credits when applying for the grading, which will be verified by the instructor or Regional Director. See appendix B for more details.

14. Qualification: Must have a current national umpiring qualification.

Black belt (2nd dan) for promotion to 3rd dan

1. Time requirement:

An average of two 1½ hour training sessions per week for 2 years since being promoted to 2nd dan.

2. Stances:

- a. Diagonal stance (*sasun sogi*)
- b. Close ready stance D (*moa junbi sogi D*)
- c. Parallel stance with a twin side elbow (*narani so sang yop palkup*)
- d. Close stance heaven hand (*moa so hanulson*)
- e. Bending ready stance B (*goburyo junbi sogi B*)

3. Defensive techniques:

- a. Alternate palm downward block (*euhkallin sonbadak naeryo makgi*)
- b. Outer forearm downward block (*pakat palmok naeryo makgi*)
- c. Knifehand rising block (*sonkal chookyo makgi*)
- d. Reverse knifehand low inward block (*Sonkal dung najunde anuro makgi*)
- e. Parallel block (*narani makgi*)
- f. Reverse knifehand circular block (*sonkal dung dollimyo makgi*)
- g. Twin palm pressing block (*sang sonbadak noollo makgi*)
- h. Twin palm rising block (*sang sonbadak chookyo makgi*)
- i. X-fist downward block (*kyocha joomuk naeryo makgi*)

4. Offensive techniques:

- a. Downward punch (*naeryo jirugi*)
- b. Crescent punch (*bandal jirugi*)
- c. Turning punch (*dollyo jirugi*)
- d. Double finger thrust (*doe songarak tulgi*)
- e. Backhand downward strike (*sondung naeryo taerigi*)
- f. Back fist side front strike (*dung joomuk yobap taerigi*)
- g. Twin knifehand horizontal strike (*sang sonkal soopyong taerigi*)
- h. Arc hand strike (*bandal son taerigi*)
- i. Twin foreknuckle fist crescent punch (*sang inji joomuk bandal jirugi*)
- j. Open fist punch (*pyon joomuk jirugi*)
- k. Crosscut (*ghutgi*)

- 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. Back fist 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 2 routines with attacker of own choice. A pre-arranged partner is allowed. Approximately 1 minute total 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.

- 8. Destruction:** Power test:
- Hand - reverse knifehand strike
Male: 2 boards. Female: 1 board. Juniors: Twisting kick - 2 boards.
 - Foot - reverse turning kick
Male: 3 boards. Female & all juniors: 2 boards.

Special technique:

- Mid-air kick - 1 board.
Everyone: Top of board at top of the head height standing.
- Everyone: Flying double, consecutive or combination kick of your own choice - at least 2 boards. Degree of difficulty taken into consideration.

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

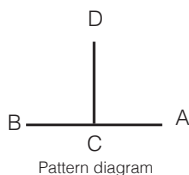
10. Theory: All theory contained within the Coloured Belt Techniques Handbooks, all previous black belt theory, general knowledge of Taekwon-Do, plus:

- Pattern meanings



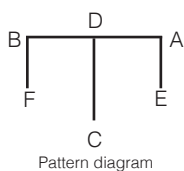
Meaning of Eui-Am

Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.



Meaning of Choong-Jang

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.



Meaning of Juche

Juche is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram (⚔) represents Baekdu Mountain.

b. System of rank (*dan gup jedo*)

In Taekwon-Do, character development, fortitude, tenacity, and technique are graded as well as individual capacity. The promotional scale is divided into nineteen ranks - 10 grades (*gup*) and nine degrees (*dan*). The former begins with 10th grade (*gup*) the lowest and ends at first grade. Degrees begin with the first degree (*dan*) and end with the ultimate, ninth degree.

There is, of course, a certain significance in the numbering system. With degree, the number 9 is not only the highest one among one digit numbers but also is the number of 3 multiplied by 3. In the Orient, three is the most esteemed of all the numbers. The Chinese character representing three is written: 三. The upper line symbolises the heaven; the middle line, mortals; and the bottom line, earth.

It was believed that the individual who was successful in promoting his country, fellowmen and God, and able to reach an accord with all three would aspire to become king, which was written thusly: 王. The Chinese character for three and king are nearly synonymous. When the number three is multiplied by itself, the equation is nine, the highest of the high; therefore, ninth degree is the highest of the high ranking belts.

Taking the use of the number three one step further, the degrees are further divided into three distinct classes. First through third degree is considered the novice stages of black belt. Students are still merely beginners in comparison to the higher degrees. At fourth degree, the student crosses the threshold of puberty and enters the expert class. Seventh through ninth is composed of Taekwon-Do masters - the elite who fully understand all the particulars of Taekwon-Do, mental and physical.

There is perhaps one question that remains; why begin with the lowest of the two digit numbers, "10" why not begin with the lowest one digit number and proceed from first grade to ninth grade, and then begin again for degrees? Though it would certainly be more logical, the 10 to 1 and 1 to 10 numerical system in the Orient is ageless.

It would be impossible, if not even a bit impertinent, to attempt to change a practice that is even carried into children's games.

c. Composition of Taekwon-Do (*Taekwon-Do goosung*)

Taekwon-Do is composed of fundamental movements, patterns, *dallyon*, sparring and self-defence techniques that are so closely related that it is impossible to segregate one phase of instruction from another. Fundamental movements are necessary for sparring and patterns, while both patterns and sparring are indispensable for perfection of fundamental movements.

Each fundamental movement, in most cases, represents an attack or defence against a particular target area or definite action of an imaginary opponent or opponents. It is necessary to learn as many fundamental

movements as possible and fit them into complete proficiency so the student can meet any situation in actual combat with confidence. The pattern actually places the student in a hypothetical situation where he or she must avail themselves to defence, counter-attack, and attack motions, against several opponents.

Through constant practice of these patterns, the attack and defence become a conditioned reflex movement. Power and speed must be developed to such a high degree that only one single blow is needed to stop an opponent, so the student can shift stance and block or attack another opponent. Each pattern is different from the other in order to develop reaction against changing circumstances.

Once the basic patterns are mastered, the student then begins to physically apply the skill obtained from fundamental movements and patterns to sparring against actual moving opponents.

Collaterally with sparring, the student must begin to develop their body and toughen their attacking and blocking tools so he or she is able to deliver maximum damage in actual combat (*dallyon*). Once a student has applied themselves to fundamental movements, patterns, sparring, and *dallyon*, then the time has arrived for the student to test coordination, speed, balance, and concentration against spontaneous attacks; i.e. self-defence. The student will constantly find themselves returning, however, to the fundamentals, even when they have achieved the highest possible degree of proficiency in self-defence techniques.



As in military training, Taekwon-Do progression follows a certain parallel:

1. Fundamental movements = Individual soldier's basic training
2. Dallyon = Maintenance of equipment
3. Patterns = Platoon tactics
4. Sparring = Field exercises in simulated combat conditions
5. Self-defence = Actual combat

d. Hand, foot & miscellaneous parts

Hand parts (*sang bansin*):

angle fingertip	arc-hand	back elbow
back fist	back forearm	back hand
base of knife hand	bear hand	bow wrist
double fingertip	finger belly	finger pincers
flat fingertip	fore-knuckle fist	forearm
forefinger	forefist	front elbow
inner forearm	knife-hand	long fist
middle knuckle fist	open fist	outer forearm
palm	press finger	reverse knife-hand
side elbow	side fist	straight elbow
straight fingertip	thumb	thumb knuckle fist
thumb ridge	under fist	under forearm
upper elbow	upset fingertip	

Foot parts (*ha bansin*):

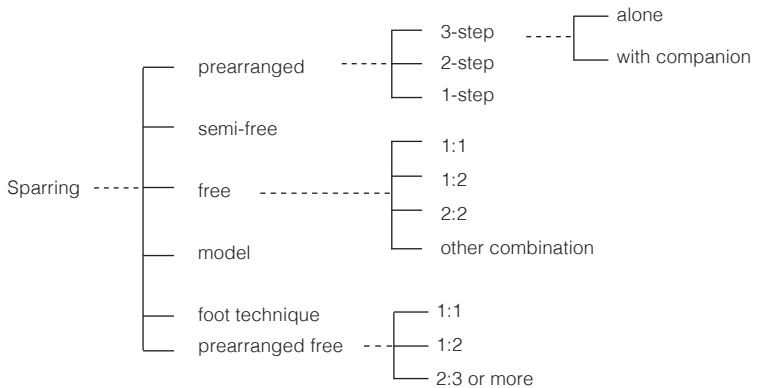
back heel	back sole	ball of the foot
footsword	instep	knee
reverse footsword	side instep	side sole
toes	twin foot	

Miscellaneous parts (*gita boowi*):

ankle joint	back tibia	forehead
head	inner ankle joint	inner tibia
occiput	outer ankle joint	outer tibia
shin	shoulder	tibia
toe edge		

e. System of sparring (*matsogi goosong*)

Sparring is classified into prearranged, semi-free, free, foot technique model and prearranged free sparring with the following sub-categories.



Sparring is the physical application of attack and defence techniques gained from pattern and fundamental exercise against actual moving opponent or opponents under various situations. It is, therefore, not only indispensable to promote the fighting spirit and courage, to train the eyes, to read the opponent's tactic as well as manoeuvres, to forge, toughen or develop the attacking and blocking tools, to test their own skills and ability, to learn other movements hardly to be gained from pattern or fundamental exercise.

General information on prearranged sparring

It is practised as the name denotes under prearranged modes with various assumptions, for example the number of steps to be taken, the target to be attacked and the attacking tool to be used are agreed upon beforehand between the players.

Basic principles:

- both players (X and Y) stand at a full length distance apart of the stance to be taken for attack, from the front half of the opponent's foot, facing each other
- bow to each other before and after each exercise
- gaze at the opponent's eyes at all times
- attack and defence are conducted alternately between X and Y in most cases
- block should be executed just before the attacking tool reaches the vital spot with an appropriate blocking tool

- dodge must be made to such a distance as to enable the counter attack to be conducted easily in one motion
- counter-attack should be executed immediately after the last defence
- apply only those techniques learned from either pattern or fundamental exercise
- exercise right (attack and defence) and left (attack and defence) equally
- counter-attack should be limited to one time only

- 11. Essay:** An original essay on any Taekwon-Do topic. Length at least 2000 words. Please upload to your grading application.
- 12. Oral interview:** Must participate in a discussion with the examiners so that both the candidate's knowledge of Taekwon-Do and their attitude can be evaluated.
- 13. Credits:** Must accumulate a minimum of 10 contribution credits since being promoted to 2nd dan, at least 3 of which must be for officiating in tournaments. The applicant must supply a list of credits when applying for the grading, which will be verified by the instructor or Regional Director. See appendix B for more details.
- 14. Qualification:** Must have a current national umpiring qualification.

Black belt (3rd dan) for promotion to 4th dan

1. Time and age requirements:

An average of two 1½ hour training sessions per week for 3 years since being promoted to 3rd dan. Minimum age to grade to 4th dan is 21 years old at the grading date.

2. Stance: a. Warrior ready stance B (*moosa junbi sogi B*)

3. Defensive techniques:

- a. Foot lifting (*bal dulgi*)
- b. Body dropping (*mom nachugi*)
- c. High outward block and forearm low block (*nopunde bakuro makgi wa palmok najunde makgi*)
- d. Reverse knifehand high guarding block (*sonkal dung nopunda daebi makgi*)
- e. X-knifehand rising block (*kyocha sonkal chookyo makgi*)
- f. W-shape block (two targets) (*san makgi*)
- g. Waving kick (*doro chagi*)

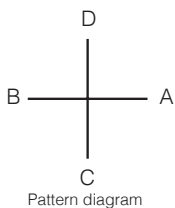
4. Offensive techniques:

- a. Double fist low punch (*doo joomuk najunde jirugi*)
- b. U-shape punch (*digutja jirugi*)
- c. Backhand horizontal strike (*sondung soopyong taerigi*)
- d. Middle knuckle fist punch (*joongji joomuk jirugi*)
- e. Sweeping kick (*suroh chagi*)
- f. Foot tackling (*bal golgi*)
- g. Grasping kick (*butjapgo chagi*)
- h. Punching kick (*jirumyo chagi*)
- i. Striking kick (*taerimyo chagi*)
- j. Thrusting kick (*tulumyo chagi*)

5. Patterns: a. Sam-il Tul – 33 movements b. Yoo-Sin Tul – 68 movements c. Choi-Yong Tul – 46 movements

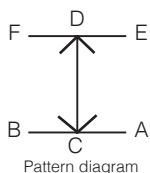
- 6. Sparring:**
- a. Model sparring (*mobum matsogi*)
Five routines. A pre-arranged partner is allowed.
Candidate should also know all previous step sparring syllabi.
 - b. Free sparring (*jayu matsogi*)
With partners of own rank and with more senior black belts, plus two onto one free sparring.
- 7. Self-defence:** Multiple Attackers
Non pre-arranged defence against multiple opponents.
- 8. Destruction:** Power test:
- a. Hand - hand technique of own choice
Male: 3 boards. Female: 2 boards.
 - b. Foot - foot technique of own choice
Male: 4 boards. Female: 3 boards.
- Special technique:
- a. Specialty break
Everyone: 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 Handbooks, all previous black belt theory, general knowledge of Taekwon-Do, plus:

- a. Pattern meanings



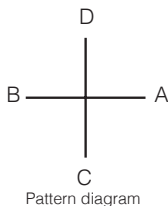
Meaning of Sam-il

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, symbolising Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.



Meaning of Choi-Yong

Choi-Yong is named after General Choi Yong, Premier and Commander-in-Chief of the Armed Forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first king of the Lee Dynasty.

b. Training Secret of Taekwon-Do

1. To study the theory of power thoroughly.
2. To understand the purpose and method of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defence.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
8. To create a sine wave during the movement by utilizing the knee spring properly.
9. To exhale briefly at the moment of each blow except in a connecting motion.

c. Moral Culture (*jungshin sooyang*)

The broad connotations and various interpretations of moral culture are often very difficult to grasp. In a word, it is the endeavour and process of becoming an exemplary person such as Confucius (552-479 BC).

To become such a person, one has to first find oneself, and acquire a moral character which is respected by all. This can only be achieved through constant practice of mental discipline. Thus, the mentally disciplined person can contribute to the building of an ideal society and even after death, through their everlasting examples.

I

In Taekwon-Do, a heavy emphasis is placed on moral culture, for it not only promotes a healthy body and keen mind, but also good sportsmanship and the perfection of moral behaviour. As ancient Greeks first espoused in their *sound mind, sound body, creative spirit* concept, the more disciplined and cultivated the mind is, the more disciplined and cultivated will be the student's use of Taekwon-Do.

No doubt the following lessons may be somewhat hard to fully understand; however, it would behove the serious student of

Taekwon-Do to read, digest, and attempt to grasp these very fundamental essences of moral culture.

A. Return to the basic nature

Mencius gave the following analogy when he reasoned that humans are basically good:

Even a ruthless robber, coming upon an innocent child about to fall into a well, will try to save the child, forgetting for the moment, his or her intention to rob the house. This good nature becomes obscured or completely lost by greed for money and power.

B. Be virtuous

To be virtuous one must constantly cultivate and practice these virtues:

Humanity (In): Treat others with kindness and compassion.

Righteousness (Ui): Act honourably and feel remorse for injustice.

Propriety (Ye): Show courtesy, respect, and good manners.

Wisdom (Ji): Recognise right from wrong in one's actions.

Trust (Shin): Be true to your words and fulfil promises to gain trust.

II

General Choi emphasised the importance of acquiring a moral character that earns universal respect in order to become a virtuous person. He highlighted several virtues essential for preserving a good nature:

A. A person may occupy two positions in a life time

One is the five virtues explained earlier, and the other positions such as a cabinet minister, instructor, and so on.

Unfortunately, we often rely too much on the worldly positions, which are transient at best. This is not to say that we reject all worldly things but rather that we keep both positions in proper balance so that the virtues of the former position provides guidance for the proper use of the latter.

B. Greed is insatiable

One who is content with what they have, is the richest person in the world. On the other hand, if they have everything and still desire more, they may still be poor. A person blinded by greed is given to corruption, intrigue and exploitation of others.

C. Be humble

A weed holds up its head in arrogance while a mature grain bows its head in humility. A virtuous person will draw the respect of others toward them in the same fashion, while one who is selfish and egoistic will lose the respect of others and become despised and isolated.

D. Self-criticism

No one is wise from the moment of birth. As human beings we have many faults and are prone to make mistakes. However, once having acquired knowledge we learn to correct these shortcomings.

E. Be soft

As water can assume any shape or form, it can better serve the living things that need it to survive. Once water becomes a part of the ocean, even the largest ship is like a mere leaf, and its awesome fury when aroused can conquer the tallest mountain.

F. Respect of elders

As we respect our parents, we must also respect our elders or seniors. This is the beauty of mankind, and one of the distinctions between human and animal.

Indeed, there can be no children without parents, nor a young generation without the old generation. A society and a nation could not avoid chaos without its culture and social order being based on respect for the knowledge and the wisdom of its elders.

G. Respect the rights of others

To criticise someone who is better, to covet others' possessions and to steal the merits of others are the marks of an unscrupulous person. Mother Nature does make claims to her domain, yet all creatures within it acknowledge her eternal accomplishments. To help others develop and succeed in life is a reward in itself and has a true value only if nothing is expected in return.

H. Be just

To be correct and forthright is to live one's life correctly. Old sages used to say; "To the common person, life is most valuable, and death, most fearful." However, a righteous person would value justice above life itself and would be willing to die rather than submit to injustice.

I. Be frugal

Since ancient times, excessive luxury and pleasure caused the downfall of many kings and nations without exception and history is full of such examples. Persons in leadership in particular must learn to be frugal and live moderately. As the old adage goes “if the water is muddy upstream so it will be downstream.”

J. Be discrete

A person must not be impulsive or reckless, but be patient and thoughtful. “A person who acts without thinking at least three times, will later regret their action,” warns an old proverb.

Accordingly, on a matter of an important appointment or punishment, one must not decide hastily but must deliberate to reach a decision that is both fair and objective.

K. Know true happiness

Lao-Tzu pointed out that nature was based upon harmony in contrasts. For example, the universe was made up of two forces, Yin (female) and Yang (male). Other contrasts were hard and soft, night and day, solid and empty, big and small, beautiful and ugly. All things in this world are relative to one another.

Mencius defined life’s happiness as follows:

1. Healthy parents and harmony within the family.
2. To live with pride and honour through correct behaviour.
3. To educate the young to become upright and useful members of society.

L. Let your actions speak for yourself

A person of virtue expresses themselves more through deeds than words. Thus, they influence others through living examples. A truly effective way to teach is by the actions not by the words of the teacher.

M. Develop peace of mind

Meditation in Taekwon-Do does not mean a total divorce from the world, but rather an active moment to reflect on our past mistakes in silence and in the privacy of our thoughts, and through penitence, to continue our self-improvement toward becoming better men or women.

N. Be of firm mind

A person of strong conviction is unsuspecting and unafraid. When proved wrong, they have the moral strength to admit their mistakes. Even the most humble person has the courage to stand up to the mighty if they believe themselves to be right.

O. Be devoted

A person's unflinching dedication to their own interest and duty is the source of life and power. Cultivation of mind, therefore, is no monopoly of any particular person. In fact the sincerity and effort definitely produce the belief and the belief makes one able to reach the final goal.

Moral culture is considered to be a cultivating movement to make one devote oneself to their work, whatever it might be, until that life and work become one.

III

Moral culture is uniquely tied in with Taekwon-Do, not only for the eventual attainment of the highest goals in Taekwon-Do and the promotion of power, technique, and self-confidence, but also for the cultivation of character. Without this, the instructor would be guilty of imparting a devastating force to those who could eventually become so enamoured of their newly found techniques they might very easily become bullies or use this knowledge as a means to achieve their personal ambitions.

During training the student should constantly develop mental and physical discipline, and the following activities should be considered an integral part of this training:

Travel (*yo haeng*):

Patriotism can be gained by travelling to noted or historical areas. Students should seek out these monuments, study and attempt to learn from them.

Mountain Climbing (*dung san*):

This form of exercise nourishes the spirit and promotes a feeling of victory and triumph.

Cold Showers and Baths (*naengsoo machal*):

By taking cold showers and baths or exercising on snow-covered ground in bare feet, students build tenacity and pride.

Public Service (*sahwe bongsa*):

By contributing labour to the community, especially to the poor or disabled, the student learns charity, humility, comradeship, tolerance, and a sense of generosity.

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 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 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. Verbal assessment:

Candidates will be asked questions relating directly to the thesis they submitted with the application. Candidates should be able to defend the ideas presented within their thesis, expand on, or further explain the subject. Candidates will be assessed on their knowledge of their thesis topic.

Candidates will also be asked general questions related to any aspects of Taekwon-Do such as technical, historical and theoretical information contained in the Encyclopaedia of Taekwon-Do. Candidates will be assessed on their knowledge.

13. Credits: Must accumulate a minimum of 15 contribution credits since being promoted to 3rd dan, at least 4 of which must be for officiating in tournaments. The applicant must supply a list of credits when applying for the grading, which will be verified by the instructor or Regional Director. See appendix B for more details.

14. Qualifications:

- a. Must have a current national umpiring qualification.
- b. Must have attended an ITF International Instructors' Course since last promotion and have a current ITF Teaching Licence.

15. References: Must provide character references from two key people within the candidate's own region, e.g. Regional Director or senior instructor. The reference must be in support of the application to grade. References should be submitted via the website form at: itkd.co.nz/reference/documents

Black Belt (4th dan) for promotion to 5th dan

1. Time requirement:

An average of two 1½ hour training sessions per week for 4 years since being promoted to 4th dan.

- 2. Stances:**
- Warrior ready stance A (*moosa junbi sogi A*)
 - Parallel stance with X-backhand (*narani so kyocha sondung*)
 - Double step jumping (*ibo omgyo didimyo twigi*)

3. Defensive techniques:

- X-fist checking block (*kyocha joomuk momchau makgi*)
- Waist block (*hori makgi*)
- Twin straight forearm checking block (*sang sun palmok momchau makgi*)
- Outward block and pushing block (*bakuro makgi wa miro makgi*)
- Arc hand rising block (*bandal son chookyo makgi*)
- Low side block and high side block (*najunde yop makgi wa nopunde yop makgi*)

4. Offensive techniques:

- Long fist punch (*ghin joomuk jirugi*)
- Flying knifehand side strike (*twimyo sonkal yop taerigi*)
- Twin side fist horizontal strike (*sang yop joomuk soopyong taerigi*)
- Side fist side strike (*yop joomuk yop taerigi*)
- Side thrusting kick (*yop cha tulgi*)
- High twisting kick (*nopunde bituro chagi*)
- Side front snap kick and wedging block (*yobap cha busigi wa hechyo makgi*)

- 5. Patterns:**
- Yon-Gae Tul – 49 movements
 - Ul-Ji Tul – 42 movements
 - Moon-Moo Tul – 61 movements

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

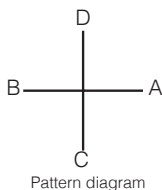
- 7. Self-defence:** Non pre-arranged defence against multiple opponents.

- 8. Destruction:** Power test:
- Hand - hand technique of own choice
Male: 3 boards. Female: 2 boards.
 - Foot - foot technique of own choice
Male: 4 boards. Female: 3 boards.
- Special technique:
- Specialty break
Everyone: Break of your own choice. Degree of difficulty is taken into consideration.

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

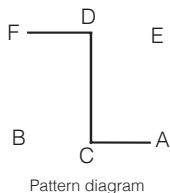
10. Theory: All theory contained within the Coloured Belt Techniques Handbooks, all previous black belt theory, general knowledge of Taekwon-Do, plus:

- Pattern meanings



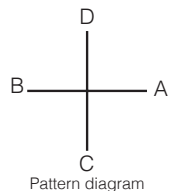
Meaning of Yon-Gae

Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 AD, the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.



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 AD. 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 represents the author's age when he designed the pattern.



Meaning of Moon-Moo

Moon-Moo honors the 30th king of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "Where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolise the last two figures of 661 AD when Moon Moo came to the throne.

- Ideal Instructor
Soldiers are as strong as the general who leads them, and, in a like manner, students can only excel under an excellent instructor. We

cannot expect a bamboo to grow in a field of reeds, nor can we expect to find an outstanding pupil under an unqualified teacher.

It is of particular importance that the two aspects of Taekwon-Do, the spirit and the technique, must be taught together. Therefore, a qualified instructor must combine the qualities of a scholar and a soldier if he or she is to produce pupils of noble character and outstanding skills.

Such an instructor must possess the following qualities:

1. Strong moral and ethical standard.
2. Clear outlook and philosophy in life.
3. Responsible attitude as an instructor.
4. Scientific mind in matters of technique.
5. Knowledge of the vital spots of human anatomy.
6. Unshakable integrity in political and financial dealings.
7. Dedication to spread the art of Taekwon-Do throughout the world.
8. One who gains confidence from their seniors, is trusted by their fellow instructors, and is respected by their juniors.

c. Student and Instructor Relationship

The following points should be observed by instructors:

1. Never tire of teaching. A good instructor can teach anywhere, any time, and will always be ready to answer questions.
2. An instructor should be eager for their students to surpass them; it is the ultimate compliment for an instructor. A student should never be held back. If the instructor realises their student has developed beyond their teaching capabilities, the student should be sent to a higher ranking instructor.
3. An instructor must always set a good example for their students and never attempt to defraud them.
4. The development of students should take precedence over commercialism. Once an instructor becomes concerned with materialism, they will lose the respect of their students.
5. Instructors should teach scientifically and theoretically to save time and energy.
6. Instructors should help students develop good contacts outside the *do jang* (training hall). It is an instructor's responsibility to develop students outside as well as inside the *do jang*.
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 them, but they may also have a chance to learn by comparing their techniques to inferior techniques.

8. All students should be treated equally, there should be no favourites. Students 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, they should not fabricate an answer but admit they do not know and attempt to find the answer as soon as possible. All too often, a lower degree black belt will dispense illogical answers to their students merely because they are afraid of "losing face" because they do not know the answer.
10. An instructor should not seek any favours such as cleaning the studio, doing repair works, etc. from their students.
11. An instructor should not exploit their 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.

11. Essay: Candidates must write an essay on a topic specified by the examiners. Length for the essay is at least 1000 words.

12. Verbal assessment:

Candidates will be asked questions relating directly to the essay they submitted with the application. Candidates should be able to defend the ideas presented within their essay, expand on, or further explain the subject.

Candidates will also be asked technical Taekwon-Do questions contained in the Encyclopaedia of Taekwon-Do. Candidates will be assessed on their knowledge.

13. Credits: Must accumulate a minimum of 20 contribution credits since being promoted to 4th dan, at least 5 of which must be for officiating in tournaments. The applicant must supply a list of credits when applying for the grading, which will be verified by the instructor or Regional Director. See appendix B for more details.

14. Qualifications:

- a. Must have a current national umpiring qualification.
- b. Must have attended an ITF International Instructors' Course since last promotion and have a current ITF Teaching Licence.

15. References: Must provide character references from two key people within the candidate's own region, e.g. Regional Director or senior instructor. The reference must be in support of the application to grade. References should be submitted via the website form at: itkd.co.nz/reference/documents

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 an palmok kaunde bakuro maki*)
- b. Palm obverse pressing block (*sonbadak baro noollo makgi*)

4. Offensive technique:

- 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: Non pre-arranged defence against multiple opponents.

8. Destruction: Power test:

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

Special technique:

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

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

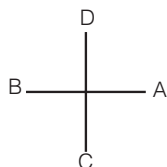
10. Theory:

All theory contained within the Coloured Belt Techniques Handbooks, all previous black belt theory, general knowledge of Taekwon-Do, plus:

a. Pattern meanings

Meaning So-San

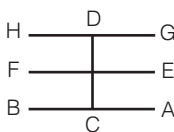
So-San is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myung Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.



Pattern diagram

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.



Pattern diagram

b. Philosophy of Taekwon-Do

In recent years, there has been an upsurge in violence and a loss of morality in all levels of society, especially among the young. There are, of course, a number of reasons for this.

Many psychologists today feel that this problem stems from frustration. Analysts, on the other hand, point out that these misguided people are indeed a disillusioned segment of society searching for values and relevance in what they consider a deceitful, materialistic, and absurd world of wars and decadence.

Unfortunately, however, instead of constructively channelling their extraordinary energy and potential, far too many strike out in blind anger, destroying rather than building, or merely running away from it all by isolating themselves with drugs and their own worlds of fantasy.

Presently, the tendency of "the stronger preying upon the weaker" appears to be at its peak. Frankly, the present world closely resembles a "corrupt age."

It is obvious that this phenomenon of society is not merely because of the struggle for survival, but mainly because of an overdeveloped material and scientific civilisation. The former misleads the young to the extreme materialism or egoism, while the latter seizes human beings with fear, though playing an essential role in public welfare.

Then what would be the remedy? Needless to say it is the development of moral civilisation - the proper mental states of a human being as the lord of creation, enough to prevail or at least keep abreast with the development of material and scientific civilisation.

The utmost purpose of Taekwon-Do is to eliminate fighting by discouraging the stronger's oppression of the weaker with a power that must be based on humanity, justice, morality, wisdom and faith, thus helping to build a better and more peaceful world.

All people, regardless of age, have felt that death is a shame and lamented that they cannot live as long as the pine trees or the turtles that seem to live a thousand years. Righteous individuals, on the other hand, deplore the fact that justice does not always triumph over the tyranny of power. However, there are two ways to deal with these problems: The former, through mental discipline, the latter, through physical training.

It is my firm belief that through Taekwon-Do, anyone can garner enough strength to become a guardian of justice, to challenge social disunity and, to cultivate the human spirit to the highest level attainable. It is in this spirit, I am dedicating the art of Taekwon-Do to the people of the world.

The philosophy of Taekwon-Do is based on the ethical, moral, and spiritual standards by which people can live together in harmony, and its art patterns are inspired by the ideals and exploits of great patriots from Korean history. Korea's famous military and civil leaders who in nearly five thousand years of Korean history have never invaded their neighbour yet who fought bravely and made great self-sacrifices to defend their homeland against invading enemies. I also include the names of patriots who willingly gave up their lives to regain Korea's freedom and independence from the Japanese occupation.

Each Tul (pattern) of Taekwon-Do expresses the thoughts and the actions of these great patriots, so the students of Taekwon-Do must reflect the true intentions of those whose name each Tul bears.

Therefore, under no circumstances should Taekwon-Do be used for selfish, aggressive or violent purposes, either by an individual or group. Nor will Taekwon-Do be used for any commercial or political purpose whatsoever.

I have set forth the following philosophy and guidelines which will be the cornerstone of Taekwon-Do and by which all serious students of this art are encouraged to live.

1. Be willing to go where the going may be tough and do the things that are worth doing even though they are difficult.
2. Be gentle to the weak and tough to the strong.
3. Be content with what you have in money and position but never in skills.
4. Always finish what you begin, be it large or small.
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.

11. Essay: Candidates must write an essay on a topic specified by the examiners. Length for the essay is at least 1000 words.

12. Verbal assessment:

Candidates will be asked questions relating directly to the essay they submitted with the application. Candidates should be able to defend the ideas presented within their essay, expand on, or further explain the subject.

Candidates will also be asked technical Taekwon-Do questions contained in the Encyclopaedia of Taekwon-Do. Candidates will be assessed on their knowledge.

13. Credits: Must accumulate a minimum of 25 contribution credits since being promoted to 5th dan, at least 6 of which must be for officiating in tournaments. The applicant must supply a list of credits when applying for the grading, which will be verified by the instructor or Regional Director. See appendix B for more details.

14. Qualifications:

- a. Must have a current national umpiring qualification.
- b. Must have attended an ITF International Instructors' Course since last promotion and have maintained a current ITF Teaching Licence.

15. References: Must provide character references from two key people within the candidate's own region, e.g. Regional Director or senior instructor. The reference must be in support of the application to grade. References should be submitted via the website form at: itkd.co.nz/reference/documents

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

1. Time and age requirement:

An average of two 1½ hour training sessions per week for 6 years since being promoted to 6th dan. Minimum age to grade to 7th dan is 40 years old at the grading date.

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:

- a. Tong-il Tul – 56 movements
- b. Se-Jong Tul – 24 movements
- c. One other black belt pattern of the candidate's choice

5. Sparring:

A good knowledge of all forms of sparring.
Testing requirements are at the discretion of the examiners.

6. Self-defence:

Non pre-arranged defence against multiple opponents.

7. Destruction:

Power test:

- a. Hand - hand technique of own choice
- b. Foot - foot technique of own choice

8. Theory:

All theory contained within the Coloured Belt Techniques Handbooks, all previous black belt theory, general knowledge of Taekwon-Do, plus:



Pattern meaning
Meaning Tong-Il

denotes the resolution of the unification of Korea which has been divided since 1945. The diagram (I) symbolizes the homogenous race.

Pattern diagram

- 8. 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.
- 9. Verbal assessment:**
- Candidates will be asked questions relating directly to the thesis they submitted with the application. Candidates should be able to defend the ideas presented within their thesis, expand on, or further explain the subject. Candidates will be assessed on their knowledge of their thesis topic.
- Candidates will also be asked general questions related to any aspects of Taekwon-Do such as technical, historical and theoretical information contained in the Encyclopaedia of Taekwon-Do. Candidates will be assessed on their knowledge.
- 10. Special area:** Candidates must present their particular special area of expertise to the examination panel for a maximum of 15 minutes. This can be any physical aspect of Taekwon-Do such as patterns, sparring, breaking, instructing, self-defence, kicking etc. Candidates will be assessed on their preparation, presentation and level of expertise in their chosen field.
- 11. Credits:** Must accumulate a minimum of 30 contribution credits since being promoted to 6th dan, at least 7 of which must be for officiating in tournaments. The applicant must supply a list of credits when applying for the grading, which will be verified by the instructor or Regional Director. See appendix B for more details.
- 12. Qualifications:**
- a. Must have a current national umpiring qualification.
 - b. Must have attended an ITF International Instructors' Course since last promotion and have maintained a current ITF Teaching Licence.
 - c. Must complete an ITF Do Course since last promotion.
 - d. Must fulfil any other requirements as stipulated by the ITF. Refer to the ITF website for further information: itfkd.sport
- 13. References:** Must provide character references from two key people within the candidate's own region, e.g. Regional Director or senior instructor. The reference must be in support of the application to grade. References should be submitted via the website form at: itkd.co.nz/reference/documents

Black Belt (7th dan) for promotion to 8th dan

1. Time requirement:

An average of two 1½ hour training sessions per week for 7 years since being promoted to 7th dan.

2. Patterns:

- a. Tong-il Tul – 56 movements
- b. Se-Jong Tul – 24 movements
- c. One other black belt pattern of the candidate's choice

3. Sparring:

A good knowledge of all forms of sparring.
Testing requirements are at the discretion of the examiners.

4. Self-defence:

Non pre-arranged defence against multiple opponents.

5. Destruction:

- Power test (optional):
- a. Hand - hand technique of own choice
 - b. Foot - foot technique of own choice

6. 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.

7. Verbal assessment:

Candidates will be asked questions relating directly to the thesis they submitted with the application. Candidates should be able to defend the ideas presented within their thesis, expand on, or further explain the subject. Candidates will be assessed on their knowledge of their thesis topic.

Candidates will be asked general questions related to any aspects of Taekwon-Do such as technical, historical and theoretical information contained in the Encyclopaedia of Taekwon-Do. Candidates will be assessed on their knowledge.

8. Special area:

Candidates must present their particular special area of expertise to the examination panel for a maximum of 15 minutes. This can be any physical aspect of Taekwon-Do such as patterns, sparring, breaking, instructing, self-defence, kicking etc. Candidates will be assessed on their preparation, presentation and level of expertise in their chosen field.

- 9. Credits:** Must accumulate a minimum of 35 contribution credits since being promoted to 7th dan, at least 8 of which must be for officiating in tournaments. The applicant must supply a list of credits when applying for the grading, which will be verified by the instructor or Regional Director. See appendix B for more details.
- 10. Qualifications:**
- a. Must have a current national umpiring qualification.
 - b. Must have attended an ITF International Instructors' Course since last promotion and have maintained a current ITF Teaching Licence.
 - c. Must complete an ITF Do Course since last promotion.
 - d. Must fulfil any other requirements as stipulated by the ITF. Refer to the ITF website for further information: itftkd.sport
- 11. References:** Must provide character references from two key people within the candidate's own region, e.g. Regional Director or senior instructor. The reference must be in support of the application to grade. References should be submitted via the website form at: itkd.co.nz/reference/documents

Appendix A - Black belt grading information

Grading format

Black belt gradings (1st – 3rd dan) are normally conducted over a two day period. Gradings with smaller numbers may have the time frame condensed. Senior dan gradings (4th – 8th dan) are normally conducted in a single day.

All members must grade by this local system unless approval is granted to grade overseas. Anyone applying to grade overseas must first gain permission from the Technical Advisor, adhering to all the normal requirements such as credit points, umpiring and other certifications.

Grading applications

Applications must be fully completed at least one month prior to the grading. Late or incomplete applications will not be accepted.

Senior dan grading applications (4-8 dan) must be started 6 months prior to the grading. This is so an initial check can be made on credit points and certifications. Senior dan candidates should also check the ITF bylaws for any updates to the requirements: itftkd.sport/rules

To start your application, log-in to the website at itkd.co.nz/members

- You will be able to save your on-line application part way through and return to it later should you need other information to complete the process.
- You will need to upload a passport style photo taken in do bok against a clear background as shown, plus your credits points and any other documentation such as medical certificate or essay.
- Grading fees can vary from time to time, depending on the overseas exchange rate. Please see the website for the current prices: itkd.co.nz/reference/documents. The fee includes GST, the ITF and ITFNZ certificates, belt and examiners fee.



Application photo examples

Qualifications

Instructing Requirement (for 1st dan)

All candidates testing for 1st dan 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 requirement has been satisfactorily completed at the time of application. This requirement is required only once, not for every dan grading.

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.

Special dispensation policy

Any significant medical condition, injury or disability that will affect grading performance should be explained in the grading application, accompanied by a medical report and/ or supporting information. The examiners will assess each individual case based on the information provided. The examiners may then allow modifications or variations to certain tests at their discretion.

Senior dan grading (4 – 6 dan) supervisor

All candidates for 4 – 6 dan must come under the guidance of a supervisor.

The supervisor role includes ongoing feedback to the candidate of their progression in terms of fitness, technical competency (including technical & syllabus knowledge) and performance. In addition the supervisor must give an unbiased recommendation to the candidate on whether they are ready to grade or not at least 1 month prior to the grading date. The supervisor would therefore need to be senior in rank to the candidate to be qualified to give such recommendation.

Candidates should invite a senior to be their supervisor, and email their name for approval. The supervisor will create an account at seniordan.memberme.co.nz to record the monthly assessments.

Grading confirmation, results and certificates

The names of those approved to grade are published on the International Taekwon-Do website prior to the grading. The website will also give details of the grading venue, date and the name of the grading organiser. The grading organiser is responsible for the venue, breaking materials, and arranging for marshals, black belts and board holders to be present at the grading.

Results will be sent by email to each candidate and their instructor. Results are also published on the International Taekwon-Do website.

ITF and ITF certificates are issued to those successful, plus an ITF ID card. An official black belt and lapel badges are issued to those promoted to 1st dan. Belts can be purchased for those grading to 2nd dan and above, and ordered via the application form.

Certificates are presented after they become available, normally at a gup grading. Candidates must be in do bok to receive the certificate. Senior dan grading certificates are normally presented at the annual awards ceremony.

Appendix B - Credit points

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 tournaments, camps, seminars and other events outside of normal club trainings. Contribution credits are gained by contributing to the organisation, by umpiring, instructing or organising events.

Candidates applying for 1st degree black belt can fulfill their credit requirement by earning either attendance credits or contribution credits. If there are limited events to attend, candidates may explore ways to assist their club or region by organising events, hosting gradings, assisting with extra sessions and so on, to gain contribution credits.

N.B. Attending an instructor induction course can be claimed as an attendance credit point (even though it is a separate grading requirement).

Examples of attendance credits

Date	Description	Pts
2021-02-06	Mosgiel Annual Camp at Flaxes Retreat - (Grand)Master McPhail	1
2021-10-23	Seminar at Mosgiel Club - Master Patterson	1
2021-12-11	Competed in Christchurch Round Robin	1
2022-01-30	Technical workshop at Mosgiel Club- Mr Jenkins	1

Contribution credits point allocations

Assisting with instructing or other regular duties at club - 1 point

Community service - 1 point

Writing an article for publication - 1 point

Instructing at a camp or seminar - 1 point

Umpiring or officiating at a tournament - 1 point per day (or half point per half day)

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 an Advisory Group, Board or being an official instructor - 10 points*

*Claim once for the period since the previous promotion, not yearly.

N.B. Marshalling at a grading is considered a duty of a black belt and does not earn a credit point.

Community service can be utilised to acquire contribution credits for clubs outside of main centres only, with a maximum of 2 points.

Examples of contribution credits

	Date	Description	Pts
1:	2021-08-15	Umpiring at Khandallah round robin tournament	1
2:	2022-08-20	Umpiring and officiating at National tournament (both days)	2
3:	2022-06-19	Co-organising / Wellington Regional Tournament	5
4:	2023-01-31	Being an official Assistant Instructor	3
5:	2021-11-20	Organising Wellington Regional Gup Grading and black belt seminar with Master Manjika	1

Appendix C - Scoring criteria

Black belt grading (1 – 3 dan)

When testing for 1st, 2nd and 3rd dan, performance is scored by the two examiners then averaged. The maximum amount of points possible in each area is listed below:

	For 1st dan	For 2nd dan	For 3rd dan
Patterns	50	60	70
Step sparring	15	15	15
Pre-arranged free sparring	-	-	15
Free sparring	15	15	15
Destruction	16	16	16
Self-defence	15	15	15
Fitness (<i>below 60 years only</i>)	16	16	16
Theory exam	15	20	25
Oral interview	5	5	5
Training assessment	15	15	15
Essay	-	-	10
MAXIMUM POSSIBLE POINTS	162	177	217

RESULTS

Unsuccessful (below 65%)	< 105.3	< 115.1	< 141
Pass (65-74%)	105.3	115.1	141
A Pass (75-79%)	121.5	132.8	162.8
Pass with distinction (80% and over)	129.6	141.6	173.6

Senior dan grading (4 – 8 dan)

When testing for 4th - 8th dan, performance is scored by at least two examiners then averaged. The maximum amount of points possible in each area is listed below:

Technical	10
Patterns	10
Step sparring	10
Free sparring	10
Self-defence	10
Destruction	10
Fitness	10
Written	10
Verbal assessment	10
Thesis / Essay	10
MAXIMUM POSSIBLE POINTS	100

RESULTS

Unsuccessful (below 65%)	<65
Pass (65-74%)	65
A Pass (75-79%)	75
Pass with distinction (80% and over)	80

Notes on scoring

Pass incomplete

If the score is within 5 points of a pass, the examiners may at their discretion award a “pass incomplete”. This is for cases where the candidate failed a particular area which can be re-tested. Only one re-testing is allowed, after which the applicant must re-sit the entire black belt grading. The applicant must apply for a re-test at least two weeks in advance, via the website application form at: itkd.co.nz/reference/documents

Bonus points

The examiners may award bonus points at their discretion. Bonus points are designed to encourage excellence and can be awarded in any area.

Destruction

For black belt gradings, each break is worth 4 points. Second attempts at breaks are allowed but one point will automatically be deducted. Any break performed at less than the required height, distance or number will also have one point deducted.

Age or injury is taken into consideration and substitute breaks may be permitted in these cases. Examiners can ask for more or less boards depending on the size or build of the individual. Examiners may allow small juniors to use “junior boards”.

Age considerations for destruction

Juniors (under 18): Hand destructions are generally not permitted for juniors, with the exception of the front elbow strike. In some cases a hand technique break may be allowed, with the permission of the candidate's instructor, parents, and examiners.

Seniors: For those over 40 years of age, the examiners may consider allowing adjustments to the breaking requirements, and in some cases accept substitute breaking techniques. In the case of substitute techniques, these must be submitted with the grading application for approval by the examiners. Substitute techniques should be as close to the required techniques as possible. For example, the same kick performed at a lower height or modified in some way.

Appendix D - Fitness test

Black belt grading (1 – 3 dan)

The black belt fitness test is worth 16 points. Applicants should be prepared for the test on the first day of the black belt grading.

1. Press-ups

Applicants must complete as many press-ups as they can with good form, without pausing for longer than one second. Hands and feet should be a shoulder width apart and the body should be straight throughout the exercise.

Straighten arms fully on each rep and lower the body until the sternum or chin touches the partner's fist placed on the floor. Feet must be in contact with the floor at all times with hips and thighs staying off the ground.

max. 4 points



Front view of bottom position with partner's fist



2. Front plank

Hold the front plank position with good form. Keep the body straight without dropping or lifting the hips.

max. 4 points



3. Pad work

Applicants are required to kick a pad continuously for three 2 minute rounds with a 1 minute break in between rounds. Kicks that are expected are turning kicks, front kicks, back kicks, downward kick, side kicks and flying kicks. The holder of the pad moves around calling for the kicks to be performed. Points for pad work are awarded by the examiners taking into account: power, endurance, technique and spirit.

max. 4 points

4. Run

Applicants run the 2.4 km course as fast as they can. Points are awarded for the time taken to complete the course according to the scoring schedule.

max. 4 points

More information on these tests are available on our website:
itkd.co.nz/reference/documents/

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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Age considerations for the fitness test

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 if possible.

Those over the age of 60 are not required to do a fitness test, or take part in the first day training assessment. This is optional. Total marks for the grading will be adjusted accordingly for this age group.

Senior dan grading (4 – 6 dan)

All candidates must complete a monthly fitness assessment with a supervisor to record progress over a 6 month time period. Assessment results must be uploaded by the supervisor by the 3rd of each month.

In consultation with the supervisor, a candidate may replace a specific exercise as per the listed requirements if he or she is unable to perform the exercise due to a pre-existing condition/injury or limitation. This must be approved prior to the first assessment.

Weight & waist measurements

Use a tape measure to measure your waist circumference in cm, level with your umbilicus.

Flexibility measurements

(1) Hamstrings

Use a tape measure to measure the distance you can reach in cm with your legs together and held straight.

(2) Adductors

Use a tape measure to measure the distance between your heels with your legs apart and held straight.

Core strength test

Record how long you can stay in the Front to Side Plank Position.

Aim is to hold the plank as long as you can, alternating between the front plank (2 minutes) followed immediately by side planks (30 seconds on each side). Repeat and continue for as long as you can and record in minutes / seconds. NB If you can't hold a 2 minute plank to begin with, start with one minute followed by 20 seconds each side.

Strength-endurance test

Record how many of each exercise you can correctly complete with good form without pausing for longer than one second. No time limit, i.e. to failure. There is a one minute rest between exercises. Complete the exercises in the following order each month.

Exercise 1: Hand release press-ups

Keep the knees and hips off the floor at all times.

Record the number of fully completed press-ups without pausing for longer than one second.

Exercise 2: Squat kicks

Make sure the hips are lower than the knees on each squat. Stand up completely upright and perform a front snap kick (alternate feet with each squat) at the top of each squat.

Record the number of fully completed squat kicks without pausing for longer than one second.

Exercise 3: Chin-ups

Perform with the palms facing you at one shoulder width apart.

Record the number of fully completed chin-ups without pausing for longer than one second.

Exercise 4: Pad work

Perform pad work delivering full power kicks for as long as possible, maintaining full power. The kicks used are up to the candidate, but should be consistent each month.

Record the number of minutes / sec completed at full power, without pausing for longer than 1 second.

N.B. The strength-endurance test is optional for candidates over 60 years of age.

There are scaling options for anyone who can not complete the exercises prescribed. Please check the website for details at: itkd.co.nz/reference/documents

Scoring

The senior dan fitness test carries a value of 10 points. The fitness score is determined through a monthly assessment conducted over a period of 6 months.

Appendix E - Responsibilities of the black belt

One of the greatest misconceptions within the martial arts is the notion that all black belt holders are experts. It is understandable that those unacquainted with the martial arts might make this assumption. However, students should certainly recognise that this is not always the case. Too often, novice black belt holders advertise themselves as experts and eventually even convince themselves.

The first degree black belt holder has usually learned enough technique to defend themselves against a single opponent. They could be compared to a fledgling who has acquired enough feathers to leave the nest and fend for themselves. The first degree is a starting point. The student has merely built a foundation. The job of building the house lies ahead.

The novice black belt holder will now really begin to learn technique. Now that they have mastered the alphabet, they can begin to read. Years of hard work and study await before they can even begin to consider themselves an instructor and expert.

A perceptive student will, at this stage, suddenly realise how very little they know.

The black belt holder also enters a new era of responsibility. They have entered a strong honourable fraternity of the black belt holders of the entire world; and his or her actions inside and outside the training hall will be carefully scrutinised. Their conduct will reflect on all black belt holders and they must constantly strive to set an example for all grade holders.

Some will certainly advance into the expert stages. However, far too many will believe the misconception and will remain as a novice, mentally and technically.

As an International Taekwon-Do black belt you are expected to:

- Support your instructor and club in all of its events
- Support International Taekwon-Do events either as a participant, official or organiser
- Attend and marshal at coloured belt and black belt gradings in your region

Those unable to undertake to these commitments should re-assess whether they are prepared to take on the responsibility of being a black belt.

Notes / Credits



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