



CONSULT
National Dan Promotion test
Syllabus

2021/2

REGIONAL/NATIONAL DAN PROMOTION TEST

ELIGIBILITY

All candidates must be members of a bona fide UK Taekwondo club/association.

Any members who are not UK passport holders and wish to take the examination must also submit documentary evidence that they have lived in the UK for more than 6 months.

All candidates are asked to provide evidence of the following entry criteria and send with their application forms:

Candidates going for	Minimum time criteria	Evidence Required**
1st Dan / 1st Poom	should have been 1st Kup for a minimum of 6 months prior to the Dan / Poom grading	Copy of Kup grade certificates for 1st Kup
2nd Dan / 2nd Poom	should have been 1st Dan/Poom for a minimum of 1 year	Copy of 1st Dan / 1st Poom certificate
3rd Dan / 3rd Poom	should have been 2nd Dan/Poom for a minimum of 2 years	Copy of 2nd Dan / 2nd Poom certificate
4th Dan / 4th Poom	should have been 3rd Dan/Poom for a minimum of 3 years	Copy of 3rd Dan / 3rd Poom certificate
5th Dan	should have been 4th Dan/Poom for a minimum of 4 years	Copy of 4th Dan / 4th Poom certificate
6th Dan	should have been 5th Dan/for a minimum of 5 years	
7th Dan	should have been 6th Dan/for a minimum of 6 years	

Note: All gradings for 6th Dan and above are currently conducted by Kukkiwon directly. Candidates wishing to test for 6th Dan & 7th Dan are now only required to record a video of Poomsae and sparring, together with the submission of a thesis and these will be sent to Kukkiwon for assessment. Chungdokwan grading for 6th / 7th dan will be done by the sitting Consult panel.

For more details and assistance please contact consulttaekwondo@gmail.com with proof of your eligibility and we can help candidates with the process.

NATIONAL/REGIONAL DAN PROMOTION TEST

FORMAT & TESTING SYLLABUS

The examination will be conducted by a high quality senior panel of no less than 3 master grades from different clubs with a minimum of 1 eighth Dan Grand Master leading the proceedings who shall be qualified by Kukkiwon as (minimum) 2nd class examiner & International instructor

All candidates will receive a thorough and fair assessment of their abilities as demonstrated on the day and this shall be by positive evaluation and NOT relative evaluation in line with Kukkiwon guidelines.

The Syllabus and expectation for each grade is set out on the following pages and all candidates will be expected to perform from this minimum criteria as standard.

The panel may ask candidates to perform additional material from the syllabus if further assessment is required.

AGE & MEDICAL CONDITIONS

A candidates age will be taken into consideration by the panel, and the range or number of minimum exercises to be reduced at the panels discretion.

Short-term injuries and health issues

If a candidate suffers from a short-term injury or health issue, the panel respectfully suggest that the candidate waits until the condition is no longer an issue to them and applies for promotion at a later test date, (where possible).

Long-term health problems or life-time issues

In cases where a candidate suffers from a long-term injury or a life-time health issue (physical or mental) then the candidate must submit:

- A note from their Instructor/Coach explaining the issue in layman's terms and how they overcome these issues in training and the class environment.

The panel will then take these into consideration in order to provide a fair and appropriate assessment and experience for the candidate.

Candidates will be informed in advance of the grading, of the assessment requirements.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR

1st

DAN/POOM

MEMBERS TESTING FOR 1st DAN/POOM BLACK BELT

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

KORYO OR PAL JANG POOMSAE

Candidates will be asked to perform Taegeuk 8 Pal Jang OR KORYO plus 2 other Taegeuk Poomsae 1 of the examiner's choice, 1 of candidates choice.

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during movement, and during the execution/action phases, Head, Back and shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy/focus

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & martial art Spirit

Eyes to be focused towards the direction of the technique (line of vision), or to the target area. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

The same technique must be defended from both left and right hand attacks (and either from a Joonbi or low block long stance).

MINIMUM TESTING REQUIREMENT

1 STEP SPARRING x 6

Candidates will be asked to perform a minimum of 6 x step sparring techniques including:

- at least one HAND TECHNIQUE
- at least one FOOT TECHNIQUE
- at least one featuring HAND & FOOT TECHNIQUE

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, Candidates must exhale when in action phase.

Stance & Balance

Stances used are correct, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distancing.

Accuracy/focus

Attacking candidates must control the attack with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

SELF DEFENCE

Opponents can attack:

- From the front or rear
- With grab to wrist or wrists
- With grab to collar

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 6

Candidates will be asked to perform a minimum of 6 x releases and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with: martial art spirit

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

Reaction speed

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Effectiveness

Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR

1st

DAN/POOM (continued)

MEMBERS TESTING FOR 1st DAN/POOM BLACK BELT

SPARRING

This exercise will take place wearing WT approved trunk and head protector . Age will be taken into consideration and additional self defence techniques may be substituted.

MINIMUM TESTING REQUIREMENT

1 FOR 1 KICKING EXERCISE

Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing throughout, Candidates must exhale when in kicking phase. Footwork is controlled to maintain balance and consistent distance.

Technique

Candidates must demonstrate a variety of identifiable kicks throughout. Knee chamber should be high with hips extended when kicking.

Accuracy

Candidates should demonstrate techniques that are executed to appropriate targets on opponent consistently.

Fluency of movement

Candidates should demonstrate consistent rhythm and pace throughout using stepping and stance adjustments to maintain tempo.

FREE SPARRING

This exercise will take place wearing WT approved trunk and head protector Age will be taken into consideration.

MINIMUM TESTING REQUIREMENT

CONTROLLED FREE SPARRING -

Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes

Candidates will be assessed against the following criteria:

Posture & Breathing

Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

Reaction speed

Candidates are reactive to opponent and create well timed responses and combinations.

Use of Space and Movement

Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

Technique

Candidates demonstrate variety of attacking/defensive techniques in combinations to achieve scoring opportunities.

Accuracy

Candidates are able to control techniques aimed at scoring areas of the opponent with the correct part of the foot or fist.

Concentration & Spirit

Candidates will maintain concentration on opponent following the rules of sparring in good spirit.

DESTRUCTION

16 years+ Board break
15 years- Foam board strike

MINIMUM TESTING REQUIREMENT

2 DIRECTION TECHNIQUE

Candidates will be asked to perform a 2 directional BREAK of their own choice and will have up to 2 attempts

Candidates will be assessed against the following criteria:

Technique

Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique.

Accuracy/focus

Candidate hits the centre of target, with control

Speed & Power

Candidate demonstrates sufficient and appropriate power and speed to complete the break.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR **2nd** DAN/POOM MEMBERS TESTING FOR 2nd DAN/POOM BLACK BELT

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

KEUMGANG OR KORYO & 2 TAEGEUK POOMSAE

Candidates will be asked to perform 2 other Taegeuk Poomsae
1 of the examiner's choice 1 candidates choice

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases. Head, Back and shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy/focus

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

The same technique must be defended from both left and right hand attacks (and either from a joonbi or low block long stance)

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible, Candidates must kihap when in action phase.

Stance

Stances used are realistic, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

MINIMUM TESTING REQUIREMENT

1 STEP SPARRING x 6

Candidates will be asked to perform a minimum of 6 x1 step sparring techniques including:

- at least one featuring a take-down

Accuracy

Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

SELF DEFENCE

Opponents can attack:

- From the front or rear
- With grab to wrist or wrists
- With grab to collar

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, Candidates must kihap when in action phase.

Reaction speed

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 6

Candidates will be asked to perform a minimum of 6 x releases and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with:

- At least two featuring the restraining and pacification of an opponent

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counterattack. Blocks, strikes and kicks are clearly aimed towards intended target.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Effectiveness

Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR **2nd** DAN/POOM MEMBERS TESTING FOR 2nd DAN/POOM BLACK BELT

SPARRING

This exercise will take place wearing WT approved trunk and head protector . Age will be taken into consideration and additional self defence techniques may be substituted.

MINIMUM TESTING REQUIREMENT

1 FOR 1 KICKING EXERCISE

Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing throughout, and not audible, Candidates must exhale when in kicking phase. Footwork is controlled to maintain balance and consistent distance.

Technique

Candidates must demonstrate a variety of identifiable kicks throughout. Knee chamber should be high with hips extended when kicking.

Accuracy/focus

Candidates should demonstrate techniques that are executed to appropriate targets on opponent consistently. Good martial arts spirit will be displayed

FREE SPARRING

This exercise will take place wearing WT approved trunk and head protector
Age will be taken into consideration.

MINIMUM TESTING REQUIREMENT

CONTROLLED FREE SPARRING -

Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes

Candidates will be assessed against the following criteria:

Posture & Breathing

Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

Reaction speed/timing

Candidates are reactive to opponent and create well timed responses and combinations.

Use of Space and Movement

Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

Technique

Candidates demonstrate variety of attacking/defensive techniques in combinations to achieve scoring opportunities.

Accuracy/focus

Candidates are able to control techniques aimed at scoring areas of the opponent with the correct part of the foot or fist.

Concentration & martial art Spirit

Candidates will maintain concentration on opponent following the rules of sparring in martial art spirit.

DESTRUCTION

16 years+ Board break
15 years- Foam board strike

MINIMUM TESTING REQUIREMENT

3 DIRECTIONAL TECHNIQUE

Candidates will be asked to perform a 3 way technique of their own choice and will have up to 2 attempts

Candidates will be assessed against the following criteria:

Technique

Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique

Fluency of movement

Candidates should demonstrate clear flow of movement between breaking techniques.

Accuracy/focus

Candidate hits the centre of target.

Speed & Power

Candidate demonstrates sufficient and appropriate power and speed to complete the break.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR **3rd** DAN/POOM MEMBERS TESTING FOR 3rd DAN/POOM BLACK BELT

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

KEUMGANG, OR TAEBEAK + 2 POOMSAE

Candidates will be asked to perform from Taegeuk 4 Poomsae these will be examiner's choice

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases. Head, Back and shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times

Accuracy/focus

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & martial art Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

The same technique must be defended from both left and right hand attacks (and either from a Joobi or low block long stance).

MINIMUM TESTING REQUIREMENT

1 STEP SPARRING x 6

Candidates will be asked to perform a minimum of 6 x 1 step sparring techniques including:

- at least one featuring a take-down
- at least one featuring a restraint
- at least one featuring a jumping kicking technique

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, Candidates must exhale when in action phase.

Stance & Balance

Stances used are correct, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy/focus

Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

SELF DEFENCE

Opponents can attack:

- From the front or rear
- With grab to wrist or wrists
- With grab to collar

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 6

Candidates will be asked to perform a minimum of 6 x releases and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with:

- At least one featuring a take down
- At least two featuring the restraining and controlling of an opponent

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defence, Candidates must exhale when in action phase.

Reaction speed/timing

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Effectiveness

Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR

3rd

DAN/POOM (continued)

MEMBERS TESTING FOR 3rd DAN/POOM BLACK BELT

KNIFE DEFENCE

Opponents can attack:

- 4 times using straight thrust
- 2 times using side to side slash

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST KNIFE ATTACK X 6

Defending candidates will be asked to perform a range of defensive strategies, including disarming the opponent

- At least one knocking the knife away
- At least one featuring the restraining of an opponent on the ground

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

Threat awareness & thought

Candidate demonstrates immediate and responsive reactions to opponent.

Reaction speed

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counterattack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

SPARRING

This exercise will take place wearing WT approved trunk and head protector

. Age will be taken into consideration and additional self defence techniques may be substituted.

MINIMUM TESTING REQUIREMENT

1 FOR 1 KICKING EXERCISE

2 x 2 KICKING EXERCISE

Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing throughout, and not audible, Candidates must exhale when in kicking phase. Footwork is controlled to maintain balance and consistent distance.

Technique

Candidates must demonstrate a variety of identifiable kicks throughout. Knee chamber should be high with hips extended when kicking.

Accuracy

Candidates should demonstrate techniques that are executed to appropriate targets on opponent consistently.

Fluency of movement

Candidates should demonstrate consistent rhythm and pace throughout using stepping and stance adjustments to maintain tempo.

FREE SPARRING

This exercise will take place wearing WT approved trunk and head protector

. Age will be taken into consideration.

MINIMUM TESTING REQUIREMENT

CONTROLLED FREE SPARRING -

Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes

Candidates will be assessed against the following criteria:

Posture & Breathing

Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

Threat awareness & thought

Candidates demonstrate movement and cover to limit scoring opportunities.

Reaction speed/timing

Candidates are reactive to opponent and create well timed responses and combinations.

Use of Space and Movement

Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

Destruction. 3 directional break using 3 different limbs, candidates choice

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR 4th DAN/POOM MEMBERS TESTING FOR 4th DAN/POOM BLACK BELT

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

TAEBAEK, OR PYONG WON , KORYO & 2 TAEGEUK POOMSAE

Candidates will be asked to perform the above plus 2 other Poomsae of the examiner's choice

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases. Head, Back and shoulders would be held correctly to allow for full use of diaphragm in breathing

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy/focus

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

Different techniques may be made on each side from a joonbi or low block (long stance).

MINIMUM TESTING REQUIREMENT

1 STEP SPARRING x 6

Candidates will be asked to perform a minimum of 6 x 1 step sparring techniques including:

- at least two featuring a take-down
- at least one featuring a spinning kick
- at least one featuring a jumping kick

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

Stance & Balance

Stances used are realistic, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy/focus

Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

SELF DEFENCE

Opponents can attack:

- From the front or rear
- With grab to wrist or wrists
 - With grab to collar
- With bear hug or neck locks

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 6

Candidates will be asked to perform a minimum of 6 x releases against an opponent.

Defending candidates should aim to demonstrate a range of defensive strategies featuring wrist locks, pressure points and the restraining / controlling of the opponent

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, Candidates must kihap when in action phase.

Reaction speed/timing

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy/focus

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counterattack. Blocks, strikes and kicks are clearly aimed towards intended target.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Effectiveness

Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR 4th DAN/POOM (Continued)

MEMBERS TESTING FOR 4th DAN/POOM BLACK BELT

KNIFE DEFENCE

Opponent can attack with knife:

- 2 times using straight thrust
- 2 times using side to side slash
- 2 of free choice from freestyle scenario

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST KNIFE ATTACK X 6

Defending candidates should aim to demonstrate a range of defensive strategies that disarm the opponent each time and include wrist locks, knocking the knife / away and the restraining / pacification of the opponent on the ground

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences. Candidates must kihap when in action phase.

Threat awareness & thought

Candidate demonstrates immediate and responsive reactions to opponent.

Reaction speed/timing

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counterattack. Blocks, strikes and kicks are clearly aimed towards intended target.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

1x1 SPARRING

This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration and additional self defence techniques may be substituted.

MINIMUM TESTING REQUIREMENT

1 FOR 1 KICKING EXERCISE 2x2 KICKING

Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing throughout, and not audible. Candidates must exhale when in kicking phase. Footwork is controlled to maintain balance and consistent distance.

Technique

Candidates must demonstrate a variety of identifiable kicks throughout. Knee chamber should be high with hips extended when kicking.

Accuracy/ FOCUS / TIMING

Candidates should demonstrate techniques that are executed to appropriate targets on opponent consistently.

FREE SPARRING

This exercise will take place wearing WT approved trunk and head protector. Age will be taken into consideration.

MINIMUM TESTING REQUIREMENT

CONTROLLED SPARRING -

Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes

Candidates will be assessed against the following criteria:

Posture & Breathing

Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

Reaction speed/timing

Candidates are reactive to opponent and create well timed responses and combinations.

Use of Space and Movement

Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

Technique/focus

Candidates demonstrate variety of attacking/defensive techniques in combinations to achieve scoring opportunities.

Accuracy

Candidates are able to control techniques aimed at scoring areas of the opponent with the correct part of the foot or fist.

Concentration & Spirit

Candidates will maintain concentration on opponent following the rules of sparring in good spirit.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR 4TH DAN/POOM

MEMBERS TESTING FOR 4th DAN/POOM BLACK BELT

DESTRUCTION

16 years+ Board break
15 years- Foam board strike

MINIMUM TESTING REQUIREMENT

4 BOARD DESTRUCTION TECHNIQUE

Candidates will be asked to perform a 4 board technique of their own choice and will have up to 2 attempts
This may be substituted with power breaking 2 x plastic boards x 2 or house brick

Candidates will be assessed against the following criteria:

Technique

Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique.

Fluency of movement

Candidates should demonstrate clear flow of movement between breaking techniques

Accuracy/focus

Candidate hits the centre of target.

Speed & Power

*Candidate demonstrates sufficient and appropriate power and speed to complete the break.
Martial arts spirit*

ADDITIONAL REQUIREMENTS FOR ALL GRADES PRESENTING FROM 1ST TO 4TH DAN/POOM

All candidates may be asked to perform moving both forwards and backwards basic techniques, strikes, stances, kicks and blocks.

Delivery paths ,

The examiners will pay particular attention to, starting and finishing positions of blocks, strikes, kicks and stances ensuring they are following the correct delivery path.

Kihaps

All kihaps in the correct places.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR 5th DAN

MEMBERS TESTING FOR 5th DAN MASTER

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

**PYONGWON, or SIPJIN PLUS TAEBAEK,
& 2 x POOMSAE**

Candidates will be asked to perform Sipjin or Pyongwon, Taebaek, plus 2 other Poomsae of the examiner's choice (above yuk-jang)

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, . Head, Back and shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy & focus

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques except where defined in the Poomsae culminating in appropriate finish to technique.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

Different techniques may be used on left and right (attack from Joonbi or low block/long stance)

MINIMUM TESTING REQUIREMENT

1 STEP SPARRING x 8

Candidates will be asked to perform a minimum of 8 x step sparring techniques including:

- at least two featuring a take-down

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

Stance & Balance

Stances used are realistic, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR 5th DAN (continued)

MEMBERS TESTING FOR 5th DAN MASTER

SELF DEFENCE

Opponents can attack:

- From the front or rear
- With grab to wrist or wrists
 - With grab to collar
- With bear hug or neck locks

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 6

Defending candidates should aim to demonstrate a range of defensive strategies may include wrist locks, pressure points and the restraining / pacification of the opponent

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

Reaction speed

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counterattack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

KNIFE DEFENCE

Opponent can attack with knife:

- 2 times using straight thrust
- 2 times using side to side slash
- 2 time using downward strike
In a freestyle setting

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST KNIFE ATTACK

Defending candidates should aim to demonstrate a range of defensive strategies that disarm the opponent each time and include knocking the knife, and the restraining / pacification of the opponent on the ground

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible, Candidates must exhale when in action phase.

Threat awareness & thought

Candidate demonstrates immediate and responsive reactions to opponent.

Reaction speed

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter attack.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counterattack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

NATIONAL/REGIONAL DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR **5th** DAN MEMBERS TESTING FOR 5th DAN MASTER

DESTRUCTION

MINIMUM TESTING REQUIREMENT

4 BOARD SPECIAL TECHNIQUE

Candidates will be asked to perform a 4 board technique of their own choice and will have up to 2 attempts

Candidates will be assessed against the following criteria:

Technique

Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique.

Fluency of movement

Candidates should demonstrate clear flow of movement between breaking techniques.

Accuracy

Candidate hits the centre of target.

Speed & Power

Candidate demonstrates sufficient and appropriate power and speed to complete the break.

6th Dan and 7th grading syllabus will be available on request.

NATIONAL/REGIONAL DAN PROMOTION TEST

UNIFORMS & EQUIPMENT

Candidates going for 1st Dan / 1st Poom should wear a plain Dobok (uniform) with a white collar. (no black collar allowed) Poomsae uniforms also allowed

Candidates going for 2nd Dan / Poom or higher should wear an approved Dobok (uniform) with a black or black/red collar.

.All candidates must wear the following protection for all sparring which must be controlled whilst displaying martial arts spirit, (it is a grading NOT a competition)

- WT approved Head guard
- trunk protector

- **Policy regarding the wearing of spectacles during promotion testing**

If a candidate must wear spectacles and cannot manage without them during all parts of the promotion test then they must wear approved and prescribed safety spectacles to protect both themselves and their partners in sparring and self-defence.

LIABILITY

All candidates participate at their own risk, and must hold current valid insurance.

Examiners or organizing body shall not accept responsibility for any damages, injuries sustained or losses incurred as a result of participation in this event.

NATIONAL/REGIONAL DAN PROMOTION TEST Kukkiwon

FEES & PAYMENT

The grading fees detailed below include the cost of your grading, belt (1st Dan/Poom only) and certificate.

The fee also includes the cost of an application to the Kukkiwon for your next Kukkiwon certificate

If Chungdokwan certification is required please see following page,

Unsuccessful candidates will have the Kukkiwon application cost refunded.

FEES

Grade going for	Grading Fee (includes Kukkiwon)
1st Dan/Poom	£140
2nd Dan/Poom	£160
3rd Dan/Poom	£180
4th Dan/Poom	£240
5th Dan	£320
Recommendation fee for Kukkiwon 6 TH DAN.	£75
Plus KKW fee	\$300
Recommendation fee for 7 th dan	£100
Plus KKW Fee.	\$350

PAYMENT METHOD

Payment should be made on a club by club basis where possible by bank transfer, STARLING BANK, CONSULT TAEKWONDO. 60-83-71. 91796195 CLUB = REFERENCE

with the club instructor submitting the application forms to consulttaekwondo@gmail.com before the deadline date.

Candidates will not be permitted to participate in the grading should payment not be received.

Payments will not be accepted at registration unless previously authorised

NATIONAL/REGIONAL DAN PROMOTION TEST Chungdokwan

FEES & PAYMENT

The grading fees detailed below include the cost of your grading, belt (1st Dan/Poom only) and certificate.

The fee also includes the cost of an application to the WTCDK for your Chungdokwan certificate

Please contact us for timescales as these differ significantly to the Kukkiwon timescales

FEES

Grade going for		Grading Fee Chungdokwan
1st Dan/Poom		£125
2nd Dan/Poom		£140
3rd Dan/Poom		£160
4th Dan/Poom		£210
5th Dan		£290
6 TH DAN.	£350	
7 th dan	£400	

PAYMENT METHOD

Payment should be made on a club by club basis where possible by bank transfer, STARLING BANK, CONSULT TAEKWONDO. 60-83-71. 91796195 using CLUB name as REFERENCE

with the club instructor submitting the application forms to consulttaekwondo@gmail.com before the deadline date.

Candidates will not be permitted to participate in the grading should payment not be received.

Payments will not be accepted at registration unless previously authorized