

NATIONAL DAN GRADING

03

ELIGIBILITY

All candidates must be members of British Taekwondo and a member of a British Taekwondo club.

If you have issues about membership, please ask your instructor to contact British Taekwondo membership services.

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 from 4th Kup to 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	Copy of 5th Dan certificate
7th Dan	should have been 6th Dan for a minimum of 6 years	Copy of 6th Dan certificate

Previous grade certificates should have been issued by a British Taekwondo recognised club or Instructor.

Acceptability of previous grades, from members who may have recently joined BT, is at the complete discretion of British Taekwondo. For any enquiries regarding acceptability, please contact grading@Britishtaekwondo.org

NATIONAL DAN GRADING

04

FORMAT & TESTING SYLLABUS

The examination will be conducted by a high quality senior panel of no less than five master grades within British Taekwondo, with a minimum of 3 eighth Dan Grand Masters or higher leading the proceedings.

All candidates will receive a thorough and fair assessment of their abilities as demonstrated on the day.

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

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

05

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. This will allow the panel to give a fair test and a fair result.

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:

- doctors or consultants statement setting out the nature of the candidate's permanent condition and effect on their day to day life and sporting activity.
- 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 DAN GRADING

1st
DAN/
POOM

SYLLABUS & MINIMUM REQUIREMENTS

MEMBERS TESTING FOR 1st DAN/POOM BLACK BELT

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
PATTERNS – POOMSAE	TAEGEUK POOMSAE x 5 Candidates will be asked to perform Taegeuk 8 Pal Jang plus 4 other Taegeuk Poomsae of the examiner's choice	<ul style="list-style-type: none"> • Posture & Breathing • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance).	1 STEP SPARRING x 5 Candidates will be asked to perform a minimum of 5 x step sparring techniques including: <ul style="list-style-type: none"> • at least one featuring a take-down • at least one featuring a restraint • at least one featuring a kicking technique 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE Opponents can attack: <ul style="list-style-type: none"> • From the front or rear • With grab to wrist or wrists • With grab to collar 	DEFENCE AGAINST ATTACKS x 5 Candidates will be asked to perform a minimum of 5 x escapes and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with: <ul style="list-style-type: none"> • At least one featuring a wrist lock • At least one featuring a pressure point • At least one featuring the restraining an opponent 	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
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.	1 FOR 1 KICKING EXERCISE x 1 minute Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot	<ul style="list-style-type: none"> • Posture & Breathing • Technique • Accuracy • Fluency of movement
FREE SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.	CONTROLLED SPARRING - 2 x 1 minute Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes	<ul style="list-style-type: none"> • Posture & Breathing • Threat awareness & thought • Reaction speed • Use of space and movement • Fluency • Technique & Accuracy • Concentration & Spirit
DESTRUCTION 16 years+ Board break 15 years- Foam board strike	2 WAY SPECIAL TECHNIQUE Candidates will be asked to perform a 2 way technique of their own choice and will have up to 2 attempts	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between boards • Accuracy • Power

NATIONAL DAN GRADING

2nd DAN/ POOM

MEMBERS TESTING FOR 2nd DAN/POOM

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
PATTERNS – POOMSAE	KORYO & 4 TAEGEUK POOMSAE Candidates will be asked to perform Koryo, plus 4 other Taegeuk Poomsae of the examiner's choice	<ul style="list-style-type: none"> • Posture & Breathing • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance)	1 STEP SPARRING x 5 Candidates will be asked to perform a minimum of 5 x step sparring techniques including: <ul style="list-style-type: none"> • at least one featuring a take-down • at least one featuring a restraint • at least one featuring a kicking technique 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE Opponents can attack: <ul style="list-style-type: none"> • From the front or rear • With grab to wrist or wrists • With grab to collar 	DEFENCE AGAINST ATTACKS x 6 Candidates will be asked to perform a minimum of 6 x escapes and counterattacks against an opponent. Defending candidates must perform a range of defensive strategies with: <ul style="list-style-type: none"> • At least one featuring a wrist lock • At least one featuring a pressure point • At least two featuring the restraining and pacification of an opponent 	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
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.	1 FOR 1 KICKING EXERCISE x 1 minute Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot	<ul style="list-style-type: none"> • Posture & Breathing • Technique • Accuracy • Fluency of movement
FREE SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.	CONTROLLED SPARRING - 2 x 1 minute Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes	<ul style="list-style-type: none"> • Posture & Breathing • Threat awareness & thought • Reaction speed • Use of space and movement • Fluency • Technique & Accuracy • Concentration & Spirit
DESTRUCTION 16 years+ Board break 15 years- Foam board strike	3 WAY SPECIAL TECHNIQUE Candidates will be asked to perform a 3 way technique of their own choice and will have up to 2 attempts	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between boards • Accuracy • Power

NATIONAL DAN GRADING

3rd
**DAN/
POOM**

MEMBERS TESTING FOR 3rd DAN/POOM

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
PATTERNS – POOMSAE	GEUMGANG, KORYO & 3 TAEGEUK POOMSAE Candidates will be asked to perform Geumgang, Koryo, plus 3 other Taegeuk Poomsae of the examiner's choice	<ul style="list-style-type: none"> • Posture & Breathing • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance)	1 STEP SPARRING x 5 Candidates will be asked to perform a minimum of 5 x step sparring techniques including: <ul style="list-style-type: none"> • at least one featuring a take-down • at least one featuring a restraint • at least one featuring a kicking technique 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE Opponents can attack: <ul style="list-style-type: none"> • From the front or rear • With grab to wrist or wrists • With grab to collar 	DEFENCE AGAINST ATTACKS x 6 Candidates will be asked to perform a minimum of 6 x escapes and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with: <ul style="list-style-type: none"> • At least one featuring a wrist lock • At least one featuring a pressure point • At least two featuring the restraining and pacification of an opponent 	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
KNIFE DEFENCE Opponents can attack: <ul style="list-style-type: none"> • 2 times using straight thrust • 2 times using side to side slash • 2 times using downward strike 	DEFENCE AGAINST KNIFE ATTACK X 6 Defending candidates will be asked to perform a range of defensive strategies, disarming the opponent each time with: <ul style="list-style-type: none"> • At least one featuring a wrist lock • At least one knocking the knife away • At least one featuring the restraining and pacification of an opponent on the ground 	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Threat awareness • Reaction speed • Technique • Accuracy of block / parry • Fluency of movement • Control over opponent
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	1 FOR 1 KICKING EXERCISE x 1 minute Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot	<ul style="list-style-type: none"> • Posture & Breathing • Technique • Accuracy • Fluency of movement
FREE SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration	CONTROLLED SPARRING - 2 x 1 minute Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes	<ul style="list-style-type: none"> • Posture & Breathing • Threat awareness & thought • Reaction speed • Use of space and movement • Fluency
DESTRUCTION 16 years+ Board break 15 years- Foam board strike	4 WAY SPECIAL TECHNIQUE Candidates will be asked to perform a 4-way technique of their own choice and will have up to 2 attempts	<ul style="list-style-type: none"> • Technique & Accuracy • Concentration & Spirit • Technique (foot/hand shape) • Fluency of movement

NATIONAL DAN GRADING

4th DAN/ POOM

MEMBERS TESTING FOR 4th DAN/POOM

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
PATTERNS – POOMSAE	TAEBAEK, GEUMGANG, KORYO & 2 TAEGEUK POOMSAE Candidates will be asked to perform Taebaek, Geumgang, Koryo, plus 2 other Poomsae of the examiner's choice	<ul style="list-style-type: none"> • Posture & Breathing • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance)	1 STEP SPARRING x 5 Candidates will be asked to perform a minimum of 5 x step sparring techniques including: <ul style="list-style-type: none"> • at least one featuring a take-down • at least one featuring a restraint • at least one featuring a kicking technique 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE Opponents can attack: <ul style="list-style-type: none"> • From the front or rear • With grab to wrist or wrists • With grab to collar • With bear hug or neck locks 	DEFENCE AGAINST ATTACKS x 5 Candidates will be asked to perform a minimum of 5 x escapes and counterattacks against an opponent. Defending candidates should aim to demonstrate a range of defensive strategies featuring wrist locks, pressure points and the restraining / pacification of the opponent	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
KNIFE & BATON DEFENCE Opponent can attack with knife: <ul style="list-style-type: none"> • 2 times using straight thrust • 2 times using side to side slash • 1 time using downward strike 	DEFENCE AGAINST KNIFE ATTACK X 5 DEFENCE AGAINST BATON ATTACK X 5 Defending candidates should aim to demonstrate a range of defensive strategies that disarm the opponent each time and include wrist locks, knocking the knife / baton away and the restraining / pacification of the opponent on the ground	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Threat awareness • Reaction speed • Technique • Accuracy of block / parry • Fluency of movement • Control over opponent

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NATIONAL DAN GRADING

4th DAN/ POOM

MEMBERS TESTING FOR 4th DAN/POOM *continued*

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
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.	1 FOR 1 KICKING EXERCISE x 1 minute Candidates will be asked to demonstrate a range of kicking ability featuring double techniques, spins and jumping techniques on the spot	<ul style="list-style-type: none"> • Posture & Breathing • Technique • Accuracy • Fluency of movement
FREE SPARRING This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration	CONTROLLED SPARRING - 2 x 1 minute Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes	<ul style="list-style-type: none"> • Posture & Breathing • Threat awareness & thought • Reaction speed • Use of space and movement • Fluency • Technique & Accuracy • Concentration & Spirit
DESTRUCTION 16 years+ Board break 15 years- Foam board strike	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 <ul style="list-style-type: none"> • If candidates choose to demonstrate a power break - 2 boards can be substituted for a single heavy duty plastic board 	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between board / pads • Accuracy • Power

NATIONAL DAN GRADING

5th
**DAN/
POOM**

MEMBERS TESTING FOR 5th DAN MASTER

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
PATTERNS – POOMSAE	PYONGWON, TAEBAEK, GEUMGANG, KORYO & 2 x TAEGEUK POOMSAE Candidates will be asked to perform Pyongwon, Taebaek, Geumgang, Koryo, plus 2 other Poomsae of the examiner's choice (above Sa-jang)	<ul style="list-style-type: none"> • Posture & Breathing • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING The same technique must be defended from both left and right hand attacks (from Junbi, low block or fighting stance)	1 STEP SPARRING x 8 Candidates will be asked to perform a minimum of 8 x step sparring techniques including: <ul style="list-style-type: none"> • at least two featuring a take-down • at least one featuring a restraint and pacification of opponent • at least one featuring a kicking technique • at least one featuring use of pressure point(s) 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE Opponents can attack: <ul style="list-style-type: none"> • From the front or rear • With grab to wrist or wrists • With grab to collar • With bear hug or neck locks 	DEFENCE AGAINST ATTACKS x 5 Defending candidates should aim to demonstrate a range of defensive strategies featuring wrist locks, pressure points and the restraining / pacification of the opponent	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
KNIFE & BATON DEFENCE Opponent can attack with knife: <ul style="list-style-type: none"> • 2 times using straight thrust • 2 times using side to side slash • 1 time using downward strike 	DEFENCE AGAINST KNIFE ATTACK X 5 DEFENCE AGAINST BATON ATTACK X 5 Defending candidates should aim to demonstrate a range of defensive strategies that disarm the opponent each time and include wrist locks, knocking the knife / baton away and the restraining / pacification of the opponent on the ground	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Threat awareness • Reaction speed • Technique • Accuracy of block / parry • Fluency of movement • Control over opponent
SELF DEFENCE Opponents can attack the seated opponent with punches, strikes or grabs from the front or side	SEATED DEFENCE AGAINST ATTACKS x 5 Defending candidates should aim to demonstrate a range of defensive strategies featuring wrist locks, pressure points and the restraining / pacification of the opponent	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
DESTRUCTION	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 <ul style="list-style-type: none"> • If candidates choose to demonstrate a power break - 2 boards can be substituted for a single heavy duty plastic board 	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between boards • Accuracy • Power

NATIONAL DAN GRADING

6th
DAN/
POOM

MEMBERS TESTING FOR 6th DAN MASTER

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
THESIS	Applicants must submit a written thesis on any Taekwondo related subject along with an application. Size of the thesis: at least 10 A4-sized (one A4-size = 700 characters) pages in Korean or English.	
PATTERNS – POOMSAE	JITAE, SIPJIN, PYONGWON, TAEBAEK, GEUMGANG, KORYO Candidates will be asked to perform these 6 Compulsory Poomsae	<ul style="list-style-type: none"> • Posture & Breathing • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING Opponent can attack from <ul style="list-style-type: none"> • Either left or right hand • From a Junbi, low block or fighting stance) 	1 STEP SPARRING x 5 Candidates will be asked to perform a range of technically advanced step sparring techniques including: <ul style="list-style-type: none"> • at least three featuring a take-down • at least two featuring a restraint and pacification of opponent • at least one featuring a kicking technique • at least one featuring use of pressure point(s) 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE Opponents can attack: <ul style="list-style-type: none"> • From the front or rear • With grab to wrist or wrists • With grab to collar • With bear hug or neck locks 	DEFENCE AGAINST ATTACKS x 5 Candidates will be asked to perform a minimum of 5 x escapes and counterattacks against an opponent. Candidates should aim to demonstrate a complex range of defensive strategies featuring rotation and reversal of locks, pressure points and the restraining / pacification of an opponent	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
KNIFE & BATON DEFENCE Opponent can attack with knife: <ul style="list-style-type: none"> • 2 times using straight thrust • 2 times using downward thrust Opponent can attack with baton: <ul style="list-style-type: none"> • 2 times using left to right mid-section swing • 2 times using downswing 	DEFENCE AGAINST KNIFE ATTACK X 4 DEFENCE AGAINST BATON ATTACK X 4 Defending candidates should aim to demonstrate a range of defensive strategies that disarm the opponent each time and include wrist locks, knocking the knife / baton away and the restraining / pacification of the opponent on the ground	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Threat awareness • Reaction speed • Technique • Accuracy of block / parry • Fluency of movement • Control over opponent

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NATIONAL DAN GRADING

6th DAN/ POOM

MEMBERS TESTING FOR 6th DAN MASTER *continued*

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
SELF DEFENCE Opponents can attack: <ul style="list-style-type: none"> • 3 times with punches, strikes or grabs from the front, side or rear • 3 times with knife from either the front or side using thrust technique only 	SEATED DEFENCE AGAINST ATTACKS x 6 Candidates will be asked to perform a minimum of 6 x escapes and counter-attacks against an opponent. Defending candidates should aim to demonstrate a complex range of defensive strategies including, using the chair as part of the defence or counterattack, remaining seated and the restraining / pacification of the opponent	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
DESTRUCTION	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 <ul style="list-style-type: none"> • If candidates choose to demonstrate a power break - 2 boards can be substituted for a single heavy duty plastic board 	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between boards • Accuracy • Power

Note: Age and experience will be considered and the above may be reduced at the panel's discretion. Candidates would be informed in advance in these cases.

NATIONAL DAN GRADING

7th
DAN/
POOM

MEMBERS TESTING FOR 7th DAN MASTER

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
THESIS	Applicants must submit a written thesis on any Taekwondo related subject along with an application. Size of the thesis: at least 10 A4-sized (one A4-size = 700 characters) pages in Korean or English.	
PATTERNS – POOMSAE	CHEONKWON, JITAE, SIPJIN, PYONGWON, TAEBAEK, GEUMGANG, KORYO Candidates will be asked to perform these 7 Compulsory Poomsae	<ul style="list-style-type: none"> • Posture & Breathing • Stance & Balance • Technique • Accuracy • Fluency of movement • Speed & Power • Concentration & Spirit
STEP SPARRING Opponent can attack from <ul style="list-style-type: none"> • Either left or right hand • From a Junbi, low block or fighting stance) 	1 STEP SPARRING x 5 Candidates will be asked to perform a range of technically advanced step sparring techniques including: <ul style="list-style-type: none"> • at least three featuring a take-down • at least two featuring a restraint and pacification of opponent • at least one featuring a kicking technique • at least one featuring use of pressure point(s) 	<ul style="list-style-type: none"> • Posture & Breathing • Stance • Technique • Accuracy • Fluency of movement • Control over opponent
SELF DEFENCE Opponents can attack: <ul style="list-style-type: none"> • From the front or rear • With grab to wrist or wrists • With grab to collar • With bear hug or neck locks 	DEFENCE AGAINST ATTACKS x 5 Candidates will be asked to perform a minimum of 5 x escapes and counter-attacks against an opponent. Candidates should aim to demonstrate a complex range of defensive strategies featuring rotation and reversal of locks, pressure points and the restraining / pacification of an opponent	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
KNIFE & BATON DEFENCE Opponent can attack with knife: <ul style="list-style-type: none"> • 2 times using straight thrust • 2 times using downward thrust Opponent can attack with baton: <ul style="list-style-type: none"> • 2 times using left to right mid-section swing • 2 times using downswing 	DEFENCE AGAINST KNIFE ATTACK X 4 DEFENCE AGAINST BATON ATTACK X 4 Defending candidates should aim to demonstrate a range of defensive strategies that disarm the opponent each time and include wrist locks, knocking the knife / baton away and the restraining / pacification of the opponent on the ground	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Threat awareness • Reaction speed • Technique • Accuracy of block / parry • Fluency of movement • Control over opponent

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NATIONAL DAN GRADING

7th DAN/ POOM

MEMBERS TESTING FOR 7th DAN MASTER *continued*

TECHNIQUE	MINIMUM TESTING REQUIREMENT	Examiners are assessing and marking candidates on the following criteria:
SELF DEFENCE Opponents can attack: <ul style="list-style-type: none"> • 3 times with punches, strikes or grabs from the front, side or rear • 3 times with knife from either the front or side using thrust technique only • 3 times with baton from either the rear or side using downswing only 	SEATED DEFENCE AGAINST ATTACKS x 9 Candidates will be asked to perform a minimum of 9 x escapes and counter-attacks against an opponent. Defending candidates should aim to demonstrate a complex range of defensive strategies including, using the chair as part of the defence or counterattack, remaining seated and the restraining / pacification of the opponent	<ul style="list-style-type: none"> • Posture & Breathing • Spatial awareness • Reaction speed • Technique • Accuracy • Fluency of movement • Control over opponent • Effectiveness
DESTRUCTION	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 <ul style="list-style-type: none"> • If candidates choose to demonstrate a power break - 2 boards can be substituted for a single heavy duty plastic board 	<ul style="list-style-type: none"> • Technique (foot/hand shape) • Fluency of movement between boards • Accuracy • Power

Note: Age and experience will be considered and the above may be reduced at the panel's discretion. Candidates would be informed in advance in these cases.

NATIONAL DAN GRADING

07

APPLICATIONS

All applications should be made on the separate entry form (1 per candidate)

Instructors should also submit a passport style photo of each candidate as follows:

- as a jpeg file (not png)
- below 300KB file size
- showing the headshot only
- saved with the candidates name

All application information should be sent to :

Grading@Britishtaekwondo.org

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CLOSING DATE

The closing date for applications is 21:00 on Monday 25th May 2020

Payment must be received by 21:00 on Monday 1st June.

09

REGISTRATION

Candidates are highly recommended to arrive at least 30 minutes before the start of the grading to allow time to register and warm up.

British Taekwondo cannot assume responsibility for anyone missing the grading and any no-show would be considered a fail with a partial refund, unless there are exceptional circumstances and at the panels discretion.

10

AWARDS

Successful candidates will receive:

- A British Taekwondo Dan / Poom grade certificate
- A British Taekwondo Black Belt (candidates going for 1st Dan / Poom only)
- A Kukkiwon certificate** (in due course – approx 6 – 8 weeks)

** Please note – for existing Kukkiwon certificate holders:

- If your Kukkiwon certificate is out of sync with your actual grade that you are going for – British Taekwondo can only apply for the next grade Kukkiwon certificate. (eg: If you hold a 1st Dan Kukkiwon certificate, then BT can only apply for a 2nd Dan certificate from Kukkiwon, even if you are a recognised higher grade in the UK or elsewhere)
- If your Kukkiwon certificate date is out of sync with your actual grading date that you are going for – British Taekwondo can only apply for the Kukkiwon certificate when the time bar period is up.

NATIONAL DAN GRADING

11

UNIFORMS & EQUIPMENT

Candidates going for 1st Dan / 1st Poom should wear a plain World Taekwondo approved Dobok (uniform) with a white collar.

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

All candidates should wear a British Taekwondo badge on the front of the uniform.

All candidates must wear the following protection for all sparring:

- WT approved Head guard
- trunk protector
- groin guard, forearm guards and shin guards

- **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.

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LIABILITY

All candidates participate at their own risk.

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