



UK KUKKIWON OFFICE HIGH DAN PROMOTION TEST



**NATIONAL
TAEKWONDO
CENTRE**
MANCHESTER

23 NOVEMBER
2025

UK KUKKIWON OFFICE HIGH DAN PROMOTION TEST

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UK KUKKIWON OFFICE HIGH DAN PROMOTION TEST

WELCOME

Dear Masters & Instructors from across the UK Taekwondo family. We invite you to the National Taekwondo Centre in Manchester this November to take part in the second UK Kukkiwon Office High Dan Promotion Test.

This high quality and robust examination opportunity for candidates wishing to test for 5th, 6th and 7th Dan will provide a memorable lifetime experience for candidates, with one of the highest-ranking grading panels seen in the UK containing 9th Dan and 8th Dan Kukkiwon Grand Masters and guests, using a thorough Kukkiwon testing format.

We invite candidates and Masters wishing to take an on the floor test to join us in Manchester for this special grading opportunity.



**The UK Kukkiwon
Office Team**

UK KUKKIWON OFFICE HIGH DAN PROMOTION TEST

01

EVENT OVERVIEW

VENUE:

National Taekwondo Centre,
Ten Acres Sports Complex,
Ten Acres Lane,
Manchester
M40 2SP

DATE:

23rd November 2025

02

TIMETABLE

Registration Open:	11:00 - 12:00
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Grading Commences:	12:00
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(Time may change subject to final candidate numbers. The UK Kukkiwon Office will advise candidates if times change.)

03

ELIGIBILITY

This High Dan promotion test is open to all British Taekwondo club members and members of other WT/Kukkiwon style clubs.

All candidates must provide evidence of valid insurance and eligibility to take the rank applied for, by providing either Kukkiwon or acceptable National certification of the previous rank, with sufficient time passed as per the table below.

Any candidates 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:

Going for	Minimum time criteria	Evidence Required	Minimum Age limit
5th Dan	Should have been 4th Dan/ Poom for a minimum of 4 years	Copy of 4th Dan Kukkiwon or National certificate	25 years or higher (or 22 if started from Poom)
6th Dan	Should have been 5th Dan for a minimum of 5 years	Copy of 5th Dan Kukkiwon or National certificate	30 years or higher
7th Dan	Should have been 6th Dan for a minimum of 6 years	Copy of 6th Dan Kukkiwon or National certificate	36 years or higher

Acceptability of National Certification is at the complete discretion of the UK Kukkiwon Office

For any enquiries regarding acceptability, please contact:
admin@ukkukkiwonoffice.com

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FORMAT & TESTING SYLLABUS

The examination will be conducted by a high quality senior panel of no less than 3 x Eighth Dan Grand Masters 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.

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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.

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SYLLABUS & MINIMUM REQUIREMENTS

The syllabus and minimum requirements for the 5th, 6th and 7th Dan candidate training are detailed on the following pages.

UK KUKKIWON OFFICE HIGH DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR 5th DAN MASTER

CANDIDATES TESTING FOR 5th DAN MASTER

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

PYONGWON, TAEBAEK, KEUMGANG & KORYO

Candidates will be asked to perform Pyongwon, Taebaek, Keumgang & Koryo

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, non-audibly. 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

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.

BASIC TECHNIQUE

Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line.

MINIMUM TESTING REQUIREMENT

3 X BASIC DRILL LINES - of at least 10 actions in each

- 1st Line – Hand movements only (Blocks & Strikes)
- 2nd Line – Kicks only (including spins & jumps)
- 3rd Line – Kicks, Hand blocks & Strike combinations

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, non-audibly. 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 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

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.

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.

FREE SPARRING

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

MINIMUM TESTING REQUIREMENT

CONTROLLED SPARRING - 2 x 1 minute

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

Candidates may bring a sparring partner of similar stature for the sparring section of the promotion test. Candidates and sparring partners must bring all equipment including a WT approved hogu, WT approved Head Guard, Groin guard, forearm guards, shin guards and mouth guard.

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

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.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap.

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.

UK KUKKIWON OFFICE HIGH DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR 6th DAN MASTER

CANDIDATES TESTING FOR 6th DAN MASTER

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

TAEBAEK, PYEONGWON, SHIPJIN & JITAE

Candidates will be asked to perform Jitae plus 1 other Poomsae at the panels request, from a list of Taebaek, Pyeongwon or Shipjin

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, non-audibly. 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

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.

BASIC TECHNIQUE

Basic techniques must be performed in accordance with the Basic Movements Sequence set out by Kukkiwon for 6th Dan candidates.

Please review, learn and practise the basic movement sequence specified by Kukkiwon – you will be asked to perform this on the day.

Visit the Kukkiwon TCON website at:

<https://tkdcon.net/en/portale/promotion/basicMovementsSequence.do?selectMenuCode=PE043600> (TCON login required to view)

<https://youtube/292VQcG3Dnw?list=PLSFr5pEwo7gSwvfg4bjxoF3liyfJkCLAJ>

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, non-audibly. 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 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

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.

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.

FREE SPARRING

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

MINIMUM TESTING REQUIREMENT

CONTROLLED SPARRING – minimum of 1 x 1 minute

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

Candidates may bring a sparring partner of similar stature for the sparring section of the promotion test. Candidates and sparring partners must bring all equipment including a WT approved hogu, WT approved Head Guard, Groin guard, forearm guards, shin guards and mouth guard.

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

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.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap.

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.

UK KUKKIWON OFFICE HIGH DAN PROMOTION TEST

SYLLABUS & MINIMUM REQUIREMENTS FOR 7th DAN MASTER

CANDIDATES TESTING FOR 7th DAN MASTER

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

PYEONGWON, SHIPJIN, JITAE (1 appointed) & CHEONKWON

Candidates will be asked to perform Cheonkwon plus 1 other Poomsae at the panels request, from a list of Pyeongwon, Shipjin or Jitae

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, non-audibly. 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

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.

BASIC TECHNIQUE

Basic techniques must be performed in accordance with the Basic Movements Sequence set out by Kukkiwon for 7th Dan candidates.

Please review, learn and practise the basic movement sequence specified by Kukkiwon – you will be asked to perform this on the day.

Visit the Kukkiwon TCON website at

<https://tkdcon.net/en/portale/promotion/basicMovementsSequence.do?selectMenuCode=PE043600> (TCON login required to view)

<https://youtu.be/9grno5B8GVM?list=PLSFr5pEwo7gSwvfg4bjxoF3liyfJkCLAJ>

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, non-audibly. 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 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

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.

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.

FREE SPARRING

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

MINIMUM TESTING REQUIREMENT

CONTROLLED SPARRING – minimum of 1 x 1 minute

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

Candidates may bring a sparring partner of similar stature for the sparring section of the promotion test. Candidates and sparring partners must bring all equipment including a WT approved hogu, WT approved Head Guard, Groin guard, forearm guards, shin guards and mouth guard.

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

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.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap.

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.

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THESIS

Candidates for 6th and 7th Dan must also submit a written thesis as part of the grading assessment.

- The thesis must be in English and contain a minimum of 4000 words excluding any contents page or references.
- The content of the thesis must relate to the topic given.
- The thesis must be an original piece of work created by the candidate and must not be copied from previous provable work by another author.

THEME OF THE THESIS: Free topic related to Taekwondo.

If your thesis is complete you can upload it as part of your application using the link provided in section 8.

Alternatively you can send your thesis by email to **admin@ukkukkiwonoffice.com** no later than 23:59 on 01 November 2025.

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APPLICATIONS

All applications should be made using the online form.

Click here to access the event webpage where you can find the online application form:
<https://ukkukkiwonoffice.com/uk-kukkiwon-office-events/>

Applications can be submitted directly by candidates, or by instructors on behalf of the candidate.

If you have any questions or queries about applications, please contact :
admin@ukkukkiwonoffice.com

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CLOSING DATE

The closing date for applications is by midday on Friday 31st of October 2025.

Payment must be received by midday on Friday 7th of October 2025.

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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.

The UK Kukkiwon Office 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.

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AWARDS

Successful candidates will receive:

- A UK Kukkiwon Office graduation certificate
- 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 – the UK Kukkiwon Office can only apply for the next grade Kukkiwon certificate. (e.g. If you hold a 1st Dan Kukkiwon certificate, then we 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 current grade your Kukkiwon application will be time-barred until the Kukkiwon date elapses. If this applies to you please contact admin@ukkukkiwonoffice.com

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UNIFORMS & EQUIPMENT

Candidates should wear a **plain white World Taekwondo or Kukkiwon approved Dobok (uniform) with a black collar.**

No coloured uniforms, Poomsae style uniforms or uniforms with stripes are acceptable.

All candidates must wear the following protection for all sparring:

- WT approved Head guard
- Trunk protector
- Groin guard, forearm guards and shin guards
- Mouth guard
- **Policy regarding the wearing of spectacles during promotion testing**
Spectacles are not permitted during sparring and self-defence.

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LIABILITY

All candidates participate at their own risk and confirm by applying that they are free from injury, have no medical conditions that prevent them from taking the test and its requirements and hold valid accident and injury insurance.

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

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FEES & PAYMENT

The grading fees detailed below include the cost of the promotion test and a UK Kukkiwon Office graduation certificate.

The fee also includes the cost of an application to the Kukkiwon for your next Kukkiwon certificate (See sections regarding Kukkiwon applications and refunds).

FEES

Grade going for	Grading Fee (includes Kukkiwon)
5th Dan	£455
6th Dan	£505
7th Dan	£600

PAYMENT METHOD

Payment should be made on an individual basis by the candidate.

After the application has been received and confirmed by the UK Kukkiwon Office, a payment link will be emailed to the candidate.

All payments must be made by the deadline, or the candidates will be removed from the grading. Payments will not be accepted at registration.

The deadline for payments is midday on Friday 7th of November 2025.

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UNSUCCESSFUL CANDIDATES

Should a candidate fail this assessment, candidates are requested to understand that they are judged on the content of the performance during the examination and the failure is only a notification that this performance did not meet the standard required on the day.

Candidates should return to the dojang, work on those areas and return for examination as soon as possible.

Unsuccessful candidates will also receive a refund of their Kukkiwon certificate cost as follows:

Grade going for	Amount refunded
5th Dan	£240
6th Dan	£280
7th Dan	£350

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OBSERVERS & SPECTATORS

Only master and grand master grades who are 7th Dan and above, are invited into the examination hall and are requested to sit in the reserved seating area in suitable formal attire.

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TRANSPORT, PARKING AND FOOD

Candidates and supporters need to make their own travel & accommodation arrangements.

Some free parking is available at the National Taekwondo Centre on a first come first served basis.

We ask all people bringing vehicles to park in the marked bays and do not block access. Disabled parking is also available (All areas within the hall are also ground level). On street parking is also available. All parking is at own risk.

There are no food and beverage facilities at the National Centre, so candidates and supporters should prepare for this in advance. However, there is a large Asda supermarket and a McDonalds approximately 1 mile away, opposite the Etihad Stadium on Alan Turing Way.

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PHOTOGRAPHY & VIDEO RECORDING

Photography or any kind of video recording is not permitted inside the examination hall whilst testing is taking place.

Photography positions and video recording opportunities will take place at the climax of the grading sessions when awarding ceremonies take place.

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QUESTIONS

If you have a question that is not covered in this information please email:

admin@ukkukkiwonoffice.com

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CONTACT

UK Kukkiwon Office, c/o British Taekwondo,
House of Sport Manchester, Gate 13 Rowsley Street,
Etihad Campus, Manchester M11 3FF

Tel: **0161 697 5330**

Email: **admin@ukkukkiwonoffice.com**

Webpage: **www.ukkukkiwonoffice.com**