



WAY TAEKWONDO
DAN GRADING

WAY TAEKWONDO

The Stour Centre · Ashford · TN23 1ET

Saturday, 25th July 2026

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WELCOME

Dear Masters, Instructors and candidates,

We invite you to The Stour Centre in Ashford to take part in the Way Taekwondo Regional Dan Grading.

This high-quality and robust examination opportunity will provide a memorable lifetime experience for candidates, with a very experienced grading panel of British Taekwondo examiners using a thorough testing syllabus. We invite candidates to join us in Ashford, Kent for this special grading opportunity.

— *Way Taekwondo*

01 · EVENT OVERVIEW

DETAILS	ORGANISER	VENUE
<p>Date: Saturday, 25th July 2026</p> <p>Time: 12:00 pm — 5:00 pm</p> <p>Event Category: Grading</p>	<p>Way Taekwondo (WAY TKD)</p> <p>Phone: 07450 260314</p> <p>Email: info@waytkd.com waytkd.com</p>	<p>The Stour Centre Station Approach, Ashford TN23 1ET</p>

Timetable

Registration Open: 12:00 — 12:30

Grading Commences: 12:30

Awards & Close: by 17:00

02 · ELIGIBILITY

All candidates must be members of British Taekwondo and a member of a British Taekwondo recognised club, with valid British Taekwondo licensed membership.

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

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.

Dan / Poom Grading Eligibility Criteria

This section outlines the requirements for progression to Dan (Black Belt) and Poom (Junior Black Belt) grades, as governed by international standards (Kukkiwon).

Target Grade	Requirement 1 (Training / Time)	Requirement 2 (Documentation)
1st Dan / Poom	Must have completed a minimum of six (6) months of training since the last Kup Grading.	Provide copies of 4th KUP to 1st KUP certificates.
2nd Dan / Poom	Must have held the 1st Dan / Poom grade for a minimum of one (1) year.	Provide a copy of your current Kukkiwon Certificate.
3rd Dan / Poom	Must have held the 2nd Dan / Poom grade for a minimum of two (2) years.	Provide a copy of your current Kukkiwon Certificate.
4th Dan	Must have held the 3rd Dan grade for a minimum of three (3) years and minimum age 18 years old.	Provide a copy of your current Kukkiwon Certificate.
5th Dan	Must have held the 4th Dan grade for a minimum of four (4) years. Minimum age 25 years (or 22 if started from Poom).	Provide a copy of your current 4th Dan Kukkiwon or recognised National certificate.

Note: Gradings for 6th and 7th Dan in the UK are conducted by the UK Kukkiwon Office. Candidates wishing to test for 6th and 7th Dan may apply for promotion at a UK Kukkiwon Office High Dan Promotion Test, or submit a video of Poomsae, sparring and basics together with a thesis to be assessed by a High Dan promotion video panel of Grand Masters.

03 · MANDATORY APPLICATION NOTES

- **Instructor Recommendation:** The candidate must be formally recommended by their Instructor or a higher-grade Master to proceed with the application.
- **T-con ID Creation:** All candidates must create a T-con ID before submitting their application.
- **British Taekwondo Membership:** Profile and belt section must be up to date.
- **Residency Documentation (Non-UK Citizens):** Applicants who are not UK citizens must provide documentation verifying their legal residency status.
- **Medical Disclosure:** Candidates with long-term injuries or health issues must submit a doctor's note and an instructor's note (see section 06).

04 · FORMAT & TESTING SYLLABUS

The examination will be conducted by a British Taekwondo dan examiner qualified panel, with a minimum of 2 seven Dan 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.

05 · AGE & MEDICAL CONDITIONS

A candidate's age will be taken into consideration by the panel, and the range or number of minimum exercises may be reduced at the panel's discretion.

Short-term injuries and health issues

If a candidate suffers from a short-term injury or health issue, the panel respectfully suggests the candidate waits until the condition is no longer an issue 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

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

- A doctor's or consultant's 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 the Instructor / Coach explaining the issue in layman's terms and how the candidate overcomes these issues in training and the class environment.

Candidates must send the supporting evidence by email to info@waytkd.com after completing the application. The panel will then take these into consideration in order to provide a fair and appropriate assessment.

06 · SYLLABUS & MINIMUM REQUIREMENTS

SYLLABUS & MINIMUM REQUIREMENTS — 1ST DAN / POOM

Members testing for 1st Dan / Poom Black Belt

<p>BASIC TECHNIQUE</p> <p><i>Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>3 × Basic Drill Lines — at least 10 actions in each</p> <ul style="list-style-type: none"> • 1st Line — Hand movements only (Blocks & Strikes) • 2nd Line — Kicks only (including spins & jumps) • 3rd Line — Kicks, Hand blocks & Strike combinations <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in during preparation, out during execution, non-audibly. Head, Back and Shoulders held correctly for full diaphragm use.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques observed at all times including transition phase, executed with sufficient power. Full completion before moving on.</p> <p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height.</p> <p>Fluency of movement: Smooth movement between techniques with no perceptible pauses between combination techniques.</p> <p>Speed & Power: Preparation phases performed slowly/relaxed, action phase with acceleration and waist rotation to generate power, correct hand and foot timing.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique. Shout performed loudly from the diaphragm at the finish split-second of the movement.</p>
<p>PATTERNS — POOMSAE</p> <p><i>Poomsae performance demonstrating technical control and discipline.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Taegeuk Poomsae × 3</p> <ul style="list-style-type: none"> • Candidates will be asked to perform Taegeuk 8 Pal Jang plus 2 other Taegeuk Poomsae of the examiner's choice. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders held correctly to allow full use of diaphragm and full rotation of movement.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance throughout the pattern, with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques according to defined standards observed at all times including transition phase, executed with sufficient power. Full completion of technique before moving on.</p>

	<p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.</p> <p>Fluency of movement: Smooth movement between techniques visible with no perceptible pauses except where defined in the Poomsae, culminating in appropriate finish.</p> <p>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.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique, or to target area if kicking above the head. Shout performed loudly from the diaphragm during the required movement.</p>
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<p>STEP SPARRING</p> <p><i>The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance).</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>1-Step Sparring × 5</p> <ul style="list-style-type: none"> • Candidates will perform a minimum of 5 x step sparring techniques. • At least 2 featuring a kicking technique. • At least 2 featuring strikes with the hand or elbow. • A minimum of one featuring a restraint and/or take-down. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Stance & Balance: Stances used are realistic; the candidate should have balance to enable defence and attack while maintaining centre of gravity.</p> <p>Technique: Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attacking candidates must control the attack to face with intent putting defender under pressure. Defending candidates must safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap, using techniques that easily flow from one to another.</p> <p>Control over the opponent: Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.</p>
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<p>SELF DEFENCE</p> <p><i>Opponents can attack: From the front or rear With grab to wrist or wrists With grab to collar</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Defence Against Attacks × 5</p> <ul style="list-style-type: none"> • Candidates will be asked to perform a minimum of 5 x escapes and counter-attacks against an opponent. • Opponents may attack from the front or rear, with grab to wrist or wrists, or with grab to collar. • At least one featuring a wrist lock. • At least one featuring a pressure point. • At least one featuring restraining an opponent. <p>Candidates will be assessed against the following criteria:</p>
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	<p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Reaction speed: Correctly timed body and/or blocking movement to stop the attack with minimal delay between defence and counter-attack.</p> <p>Technique: Practical and effective in providing defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attackers control with intent putting defender under pressure. Defenders safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Control over the opponent: Reaction to immediate threat with controlled application of takedowns or submissions.</p> <p>Effectiveness: Effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.</p>
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<p>FREE SPARRING</p> <p><i>This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Controlled Sparring — 2 × 1 minute</p> <ul style="list-style-type: none"> Candidates will demonstrate a range of dynamic sparring techniques, defence and attack thought processes. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing throughout; posture upright and relaxed.</p> <p>Threat awareness & thought: Movement and cover to limit scoring opportunities.</p> <p>Reaction speed: Reactive to opponent and creating well-timed responses and combinations.</p> <p>Use of Space and Movement: Footwork to change direction of attacks and defence to create opportunities; aware of external threats.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Technique: Variety of attacking/defensive techniques in combinations to achieve scoring opportunities.</p> <p>Accuracy: Able to control techniques aimed at scoring areas of the opponent with the correct part of foot or fist.</p> <p>Concentration & Spirit: Maintain concentration on opponent following the rules of sparring in good spirit.</p>
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<p>DESTRUCTION</p> <p><i>16 years+ — Board break</i></p> <p><i>15 years and under — Foam board strike</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>2 Way Special Technique</p> <ul style="list-style-type: none"> Perform a spinning side kick (back kick) and elbow strike against 2 opposite and prepositioned boards (boards will be opposite and directly facing each other, with the candidate in between). Candidates will have up to 2 attempts. <p>Candidates will be assessed against the following criteria:</p>
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Technique: Candidate demonstrates correct execution and setup of the targets and uses the correct striking body part.

Accuracy: Candidate hits the centre of target.

Fluency of movement: Clear flow of movement between breaking techniques.

Speed & Power: Sufficient and appropriate power and speed to complete the break.

SYLLABUS & MINIMUM REQUIREMENTS — 2ND DAN / POOM

Members testing for 2nd Dan / Poom Black Belt

<p>BASIC TECHNIQUE</p> <p><i>Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>3 × Basic Drill Lines — at least 10 actions in each</p> <ul style="list-style-type: none"> • 1st Line — Hand movements only (Blocks & Strikes) • 2nd Line — Kicks only (including spins & jumps) • 3rd Line — Kicks, Hand blocks & Strike combinations <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in during preparation, out during execution, non-audibly. Head, Back and Shoulders held correctly for full diaphragm use.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques observed at all times including transition phase, executed with sufficient power. Full completion before moving on.</p> <p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height.</p> <p>Fluency of movement: Smooth movement between techniques with no perceptible pauses between combination techniques.</p> <p>Speed & Power: Preparation phases performed slowly/relaxed, action phase with acceleration and waist rotation to generate power, correct hand and foot timing.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique. Shout performed loudly from the diaphragm at the finish split-second of the movement.</p>
<p>PATTERNS — POOMSAE</p> <p><i>Poomsae performance demonstrating technical control and discipline.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Koryo & 3 Taegeuk Poomsae</p> <ul style="list-style-type: none"> • Candidates will be asked to perform Koryo plus 2 other Taegeuk Poomsae of the examiner's choice. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders held correctly to allow full use of diaphragm and full rotation of movement.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance throughout the pattern, with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques according to defined standards observed at all times including transition phase, executed with sufficient power. Full completion of technique before moving on.</p> <p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.</p> <p>Fluency of movement: Smooth movement between techniques visible with no perceptible pauses except where defined in the Poomsae, culminating in appropriate finish.</p>

	<p>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.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique, or to target area if kicking above the head. Shout performed loudly from the diaphragm during the required movement.</p>
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<p>STEP SPARRING</p> <p><i>The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance).</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>1-Step Sparring × 5</p> <ul style="list-style-type: none"> • Candidates will perform a minimum of 5 x step sparring techniques. • At least 2 featuring a kicking technique. • At least 2 featuring strikes with the hand or elbow. • A minimum of one featuring a restraint and/or take-down. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Stance & Balance: Stances used are realistic; the candidate should have balance to enable defence and attack while maintaining centre of gravity.</p> <p>Technique: Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attacking candidates must control the attack to face with intent putting defender under pressure. Defending candidates must safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap, using techniques that easily flow from one to another.</p> <p>Control over the opponent: Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.</p>
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<p>SELF DEFENCE</p> <p><i>Opponents can attack: From the front or rear With grab to wrist or wrists With grab to collar</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Defence Against Attacks × 6</p> <ul style="list-style-type: none"> • Candidates will be asked to perform a minimum of 6 x escapes and counter-attacks against an opponent. • Opponents may attack from the front or rear, with grab to wrist or wrists, or with grab to collar. • 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. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Reaction speed: Correctly timed body and/or blocking movement to stop the attack with minimal delay between defence and counter-attack.</p>
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	<p>Technique: Practical and effective in providing defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attackers control with intent putting defender under pressure. Defenders safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Control over the opponent: Reaction to immediate threat with controlled application of takedowns or submissions.</p> <p>Effectiveness: Effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.</p>
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<p>FREE SPARRING</p> <p><i>This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Controlled Sparring — 2 × 1 minute</p> <ul style="list-style-type: none"> Candidates will demonstrate a range of dynamic sparring techniques, defence and attack thought processes. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing throughout; posture upright and relaxed.</p> <p>Threat awareness & thought: Movement and cover to limit scoring opportunities.</p> <p>Reaction speed: Reactive to opponent and creating well-timed responses and combinations.</p> <p>Use of Space and Movement: Footwork to change direction of attacks and defence to create opportunities; aware of external threats.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Technique: Variety of attacking/defensive techniques in combinations to achieve scoring opportunities.</p> <p>Accuracy: Able to control techniques aimed at scoring areas of the opponent with the correct part of foot or fist.</p> <p>Concentration & Spirit: Maintain concentration on opponent following the rules of sparring in good spirit.</p>
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<p>DESTRUCTION</p> <p><i>16 years+ — Board break</i></p> <p><i>15 years and under — Foam board strike</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>3 Way Special Technique</p> <ul style="list-style-type: none"> Perform a reverse turning kick, an elbow strike and a knife hand strike against 3 prepositioned boards (T-shape set up, each board at 90 degrees to the next, candidate in the centre). Candidates cannot move the boards apart from the hand techniques. Candidates will have up to 2 attempts. <p>Candidates will be assessed against the following criteria:</p> <p>Technique: Candidate demonstrates correct execution and setup of the targets and uses the correct striking body part.</p> <p>Accuracy: Candidate hits the centre of target.</p>
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Fluency of movement: Clear flow of movement between breaking techniques.

Speed & Power: Sufficient and appropriate power and speed to complete the break.

SYLLABUS & MINIMUM REQUIREMENTS — 3RD DAN / POOM

Members testing for 3rd Dan / Poom Black Belt

<p>BASIC TECHNIQUE</p> <p><i>Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>3 × Basic Drill Lines — at least 10 actions in each</p> <ul style="list-style-type: none"> • 1st Line — Hand movements only (Blocks & Strikes) • 2nd Line — Kicks only (including spins & jumps) • 3rd Line — Kicks, Hand blocks & Strike combinations <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in during preparation, out during execution, non-audibly. Head, Back and Shoulders held correctly for full diaphragm use.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques observed at all times including transition phase, executed with sufficient power. Full completion before moving on.</p> <p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height.</p> <p>Fluency of movement: Smooth movement between techniques with no perceptible pauses between combination techniques.</p> <p>Speed & Power: Preparation phases performed slowly/relaxed, action phase with acceleration and waist rotation to generate power, correct hand and foot timing.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique. Shout performed loudly from the diaphragm at the finish split-second of the movement.</p>
<p>PATTERNS — POOMSAE</p> <p><i>Poomsae performance demonstrating technical control and discipline.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Keumgang, Koryo & 1 Taegeuk Poomsae</p> <ul style="list-style-type: none"> • Candidates will be asked to perform Kumgang, Koryo, plus 1 other Taegeuk Poomsae of the examiner's choice. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders held correctly to allow full use of diaphragm and full rotation of movement.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance throughout the pattern, with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques according to defined standards observed at all times including transition phase, executed with sufficient power. Full completion of technique before moving on.</p> <p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.</p> <p>Fluency of movement: Smooth movement between techniques visible with no perceptible pauses except where defined in the Poomsae, culminating in appropriate finish.</p>

	<p>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.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique, or to target area if kicking above the head. Shout performed loudly from the diaphragm during the required movement.</p>
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<p>STEP SPARRING</p> <p><i>The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance).</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>1-Step Sparring × 5</p> <ul style="list-style-type: none"> • Candidates will perform a minimum of 5 x step sparring techniques. • At least 2 featuring a kicking technique. • At least 2 featuring strikes with the hand or elbow. • A minimum of one featuring a restraint and/or take-down. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Stance & Balance: Stances used are realistic; the candidate should have balance to enable defence and attack while maintaining centre of gravity.</p> <p>Technique: Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attacking candidates must control the attack to face with intent putting defender under pressure. Defending candidates must safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap, using techniques that easily flow from one to another.</p> <p>Control over the opponent: Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.</p>
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<p>SELF DEFENCE</p> <p><i>Opponents can attack: From the front or rear With grab to wrist or wrists With grab to collar</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Defence Against Attacks × 6</p> <ul style="list-style-type: none"> • Candidates will be asked to perform a minimum of 6 x escapes and counter-attacks against an opponent. • Opponents may attack from the front or rear, with grab to wrist or wrists, or with grab to collar. • 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. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Reaction speed: Correctly timed body and/or blocking movement to stop the attack with minimal delay between defence and counter-attack.</p>
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	<p>Technique: Practical and effective in providing defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attackers control with intent putting defender under pressure. Defenders safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Control over the opponent: Reaction to immediate threat with controlled application of takedowns or submissions.</p> <p>Effectiveness: Effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.</p>
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<p>KNIFE DEFENCE</p> <p><i>Opponents can attack:</i></p> <p><i>2 times using straight thrust</i></p> <p><i>2 times using side-to-side slash</i></p> <p><i>2 times using downward strike</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Defence Against Knife Attack × 6</p> <ul style="list-style-type: none"> Defending candidates will perform a range of defensive strategies, disarming the opponent each time. At least one featuring a wrist lock. At least one knocking the knife away. At least one featuring restraining and pacification of an opponent on the ground. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Threat awareness & thought: Candidate demonstrates immediate and responsive reactions to opponent.</p> <p>Reaction speed: Correctly timed body and/or blocking movement to stop the attack with minimal delay.</p> <p>Technique: Practical and effective in providing defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attackers control with intent. Defenders safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Control over the opponent: Reaction to immediate threat with controlled application of takedowns or submissions.</p>
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<p>FREE SPARRING</p> <p><i>This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Controlled Sparring — 2 × 1 minute</p> <ul style="list-style-type: none"> Candidates will demonstrate a range of dynamic sparring techniques, defence and attack thought processes. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing throughout; posture upright and relaxed.</p> <p>Threat awareness & thought: Movement and cover to limit scoring opportunities.</p>
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	<p>Reaction speed: Reactive to opponent and creating well-timed responses and combinations.</p> <p>Use of Space and Movement: Footwork to change direction of attacks and defence to create opportunities; aware of external threats.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Technique: Variety of attacking/defensive techniques in combinations to achieve scoring opportunities.</p> <p>Accuracy: Able to control techniques aimed at scoring areas of the opponent with the correct part of foot or fist.</p> <p>Concentration & Spirit: Maintain concentration on opponent following the rules of sparring in good spirit.</p>
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<p>DESTRUCTION</p> <p>16 years+ — Board break</p> <p>15 years and under — Foam board strike</p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>3 Way Special Technique</p> <ul style="list-style-type: none"> • Perform a reverse turning kick, jump spinning side kick (jump back kick) and elbow or knife hand strike against 3 prepositioned boards (T-shape set up with 2 boards opposite and directly facing each other, candidate in between, and the 3rd board at 90 degrees for the hand technique). • Candidates cannot move the boards apart from the hand technique board. • Candidates will have up to 2 attempts. <p>Candidates will be assessed against the following criteria:</p> <p>Technique: Candidate demonstrates correct execution and setup of the targets and uses the correct striking body part.</p> <p>Accuracy: Candidate hits the centre of target.</p> <p>Fluency of movement: Clear flow of movement between breaking techniques.</p> <p>Speed & Power: Sufficient and appropriate power and speed to complete the break.</p>
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SYLLABUS & MINIMUM REQUIREMENTS — 4TH DAN / POOM

Members testing for 4th Dan / Poom Black Belt

<p>BASIC TECHNIQUE</p> <p><i>Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>3 × Basic Drill Lines — at least 10 actions in each</p> <ul style="list-style-type: none"> • 1st Line — Hand movements only (Blocks & Strikes) • 2nd Line — Kicks only (including spins & jumps) • 3rd Line — Kicks, Hand blocks & Strike combinations <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in during preparation, out during execution, non-audibly. Head, Back and Shoulders held correctly for full diaphragm use.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques observed at all times including transition phase, executed with sufficient power. Full completion before moving on.</p> <p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height.</p> <p>Fluency of movement: Smooth movement between techniques with no perceptible pauses between combination techniques.</p> <p>Speed & Power: Preparation phases performed slowly/relaxed, action phase with acceleration and waist rotation to generate power, correct hand and foot timing.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique. Shout performed loudly from the diaphragm at the finish split-second of the movement.</p>
<p>PATTERNS — POOMSAE</p> <p><i>Poomsae performance demonstrating technical control and discipline.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Taebaek, Kumgang, Koryo & 1 Taegeuk Poomsae</p> <ul style="list-style-type: none"> • Candidates will be asked to perform Taebaek, Kumgang, Koryo plus 1 other Taegeuk Poomsae of the examiner's choice. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders held correctly to allow full use of diaphragm and full rotation of movement.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance throughout the pattern, with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques according to defined standards observed at all times including transition phase, executed with sufficient power. Full completion of technique before moving on.</p> <p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.</p> <p>Fluency of movement: Smooth movement between techniques visible with no perceptible pauses except where defined in the Poomsae, culminating in appropriate finish.</p>

	<p>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.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique, or to target area if kicking above the head. Shout performed loudly from the diaphragm during the required movement.</p>
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<p>STEP SPARRING</p> <p><i>The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance).</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>1-Step Sparring × 5</p> <ul style="list-style-type: none"> • Candidates will perform a minimum of 5 x step sparring techniques. • At least 2 featuring a kicking technique. • At least 2 featuring strikes with the hand or elbow. • A minimum of one featuring a restraint and/or take-down. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Stance & Balance: Stances used are realistic; the candidate should have balance to enable defence and attack while maintaining centre of gravity.</p> <p>Technique: Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attacking candidates must control the attack to face with intent putting defender under pressure. Defending candidates must safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap, using techniques that easily flow from one to another.</p> <p>Control over the opponent: Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.</p>
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<p>SELF DEFENCE</p> <p><i>Opponents can attack: From the front or rear With grab to wrist or wrists With grab to collar</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Defence Against Attacks × 6</p> <ul style="list-style-type: none"> • Candidates will be asked to perform a minimum of 6 x escapes and counter-attacks against an opponent. • Opponents may attack from the front or rear, with grab to wrist or wrists, or with grab to collar. • 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. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Reaction speed: Correctly timed body and/or blocking movement to stop the attack with minimal delay between defence and counter-attack.</p>
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	<p>Technique: Practical and effective in providing defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attackers control with intent putting defender under pressure. Defenders safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Control over the opponent: Reaction to immediate threat with controlled application of takedowns or submissions.</p> <p>Effectiveness: Effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.</p>
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<p>KNIFE DEFENCE</p> <p><i>Opponents can attack:</i></p> <p><i>2 times using straight thrust</i></p> <p><i>2 times using side-to-side slash</i></p> <p><i>2 times using downward strike</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Defence Against Knife Attack × 6</p> <ul style="list-style-type: none"> Defending candidates will perform a range of defensive strategies, disarming the opponent each time. At least one featuring a wrist lock. At least one knocking the knife away. At least one featuring restraining and pacification of an opponent on the ground. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing, not held during defences, not audible. Candidates must exhale when in action phase.</p> <p>Threat awareness & thought: Candidate demonstrates immediate and responsive reactions to opponent.</p> <p>Reaction speed: Correctly timed body and/or blocking movement to stop the attack with minimal delay.</p> <p>Technique: Practical and effective in providing defence and attack with appropriate distance from the opponent.</p> <p>Accuracy: Attackers control with intent. Defenders safely block, parry or evade with an immediate and controlled counter-attack.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Control over the opponent: Reaction to immediate threat with controlled application of takedowns or submissions.</p>
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<p>FREE SPARRING</p> <p><i>This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Controlled Sparring — 2 × 1 minute</p> <ul style="list-style-type: none"> Candidates will demonstrate a range of dynamic sparring techniques, defence and attack thought processes. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing throughout; posture upright and relaxed.</p> <p>Threat awareness & thought: Movement and cover to limit scoring opportunities.</p>
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	<p>Reaction speed: Reactive to opponent and creating well-timed responses and combinations.</p> <p>Use of Space and Movement: Footwork to change direction of attacks and defence to create opportunities; aware of external threats.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Technique: Variety of attacking/defensive techniques in combinations to achieve scoring opportunities.</p> <p>Accuracy: Able to control techniques aimed at scoring areas of the opponent with the correct part of foot or fist.</p> <p>Concentration & Spirit: Maintain concentration on opponent following the rules of sparring in good spirit.</p>
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<p>DESTRUCTION</p> <p>16 years+ — Board break</p> <p>15 years and under — Foam board strike</p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>3 Way Special Technique</p> <ul style="list-style-type: none"> • Perform a reverse turning kick, jump spinning side kick (jump back kick) and elbow or knife hand strike against 3 prepositioned boards (T-shape set up with 2 boards opposite and directly facing each other, candidate in between, and the 3rd board at 90 degrees for the hand technique). • Candidates cannot move the boards apart from the hand technique board. • Candidates will have up to 2 attempts. <p>Candidates will be assessed against the following criteria:</p> <p>Technique: Candidate demonstrates correct execution and setup of the targets and uses the correct striking body part.</p> <p>Accuracy: Candidate hits the centre of target.</p> <p>Fluency of movement: Clear flow of movement between breaking techniques.</p> <p>Speed & Power: Sufficient and appropriate power and speed to complete the break.</p>
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SYLLABUS & MINIMUM REQUIREMENTS — 5TH DAN MASTER

Candidates testing for 5th Dan Master

5th Dan testing follows the Kukkiwon High Dan promotion format. Step Sparring, Self-Defence, Knife Defence and Destruction are not assessed at this grade.

<p>PATTERNS — POOMSAE</p> <p>Master-level Poomsae performance demonstrating depth, control and refined technique.</p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Pyeongwon, Taebaek, Kumgang & Koryo</p> <ul style="list-style-type: none"> Candidates will be asked to perform Pyeongwon, Taebaek, Kumgang & Koryo. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders held correctly to allow full use of diaphragm and full rotation of movement.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance throughout the pattern, with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques according to defined standards observed at all times including transition phase, executed with sufficient power. Full completion of technique before moving on.</p> <p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.</p> <p>Fluency of movement: Smooth movement between techniques visible with no perceptible pauses except where defined in the Poomsae, culminating in appropriate finish.</p> <p>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.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique, or to target area if kicking above the head. Shout performed loudly from the diaphragm during the required movement.</p>
<p>BASIC TECHNIQUE</p> <p>Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line.</p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>3 × Basic Drill Lines — at least 10 actions in each</p> <ul style="list-style-type: none"> 1st Line — Hand movements only (Blocks & Strikes) 2nd Line — Kicks only (including spins & jumps) 3rd Line — Kicks, Hand blocks & Strike combinations <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing in during preparation, out during execution, non-audibly. Head, Back and Shoulders held correctly for full diaphragm use.</p> <p>Stance & Balance: All stances must be correct and clearly recognisable. Good balance with correct centre of gravity maintained particularly on landing after a technique or change in direction.</p> <p>Technique: Correct techniques observed at all times including transition phase, executed with sufficient power. Full completion before moving on.</p>

	<p>Accuracy: Correct techniques delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height.</p> <p>Fluency of movement: Smooth movement between techniques with no perceptible pauses between combination techniques.</p> <p>Speed & Power: Preparation phases performed slowly/relaxed, action phase with acceleration and waist rotation to generate power, correct hand and foot timing.</p> <p>Concentration & Spirit: Eyes focused towards the direction of the technique. Shout performed loudly from the diaphragm at the finish split-second of the movement.</p>
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<p>FREE SPARRING</p> <p><i>This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.</i></p>	<p>MINIMUM TESTING REQUIREMENT</p> <p>Controlled Sparring — 2 × 1 minute</p> <ul style="list-style-type: none"> Candidates will demonstrate a range of dynamic sparring techniques, defence and attack thought processes. <p>Candidates will be assessed against the following criteria:</p> <p>Posture & Breathing: Controlled breathing throughout; posture upright and relaxed.</p> <p>Threat awareness & thought: Movement and cover to limit scoring opportunities.</p> <p>Reaction speed: Reactive to opponent and creating well-timed responses and combinations.</p> <p>Use of Space and Movement: Footwork to change direction of attacks and defence to create opportunities; aware of external threats.</p> <p>Fluency of movement: Clear flow of movement between defence and attack without gap.</p> <p>Technique: Variety of attacking/defensive techniques in combinations to achieve scoring opportunities.</p> <p>Accuracy: Able to control techniques aimed at scoring areas of the opponent with the correct part of foot or fist.</p> <p>Concentration & Spirit: Maintain concentration on opponent following the rules of sparring in good spirit.</p>
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Sparring Partner & Equipment

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.

07 · APPLICATIONS

All applications must be made directly to Way Taekwondo. To apply:

1. Speak to your instructor and confirm you meet the eligibility criteria for your target grade.
2. Ensure your British Taekwondo membership profile, belt, and grade records are up to date.
3. Upload the supporting documentation listed in the eligibility table (Kup or Kukkiwon certificates).
4. Submit the application form via way Taekwondo Website or your club instructor before the closing date.
5. Pay the grading fee by the payment deadline to confirm your place.

For full instructions and the latest application links, visit waytkd.com or email info@waytkd.com.

08 · 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.

Way Taekwondo cannot assume responsibility for anyone missing the grading, and any no-show will be considered a fail, unless there are exceptional circumstances and at the panel's discretion.

09 · AWARDS

Successful candidates will receive:

- A Way Taekwondo Dan / Poom graduation certificate.
- A Way Taekwondo Black Belt (candidates 15+ and going for 1st Dan only).
- A Way Taekwondo Black/Red Poom Belt (candidates 14 and below going for 1st 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, Way Taekwondo can only apply for the next grade Kukkiwon certificate (e.g. if you hold a 1st Dan Kukkiwon certificate, Way Taekwondo can only apply for a 2nd Dan certificate, 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, Way Taekwondo can only apply for the Kukkiwon certificate when the time-bar period is up.

10 · 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 / 2nd Poom or higher should wear a plain World Taekwondo approved Dobok with a black or black/red collar.

Candidates going for 5th Dan Master should wear a plain white World Taekwondo or Kukkiwon approved Dobok 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

Spectacles policy: Spectacles are not permitted during sparring and self-defence.

11 · LIABILITY

All candidates participate at their own risk.

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

12 · FEES & PAYMENT

The grading fees below cover the cost of your grading, belt, Way Taekwondo graduation certificate, and an application to the Kukkiwon for your next Kukkiwon certificate.

Grading Transition	Fee per Candidate
1st Kup → 1st Dan / Poom	£155.00
1st Dan → 2nd Dan / Poom	£190.00
2nd Dan → 3rd Dan / Poom	£220.00
3rd Dan → 4th Dan	£295.00
4th Dan → 5th Dan	£455.00

Payment method

Payment should be made on a club-by-club basis where possible, with the club instructor submitting the applications on behalf of the candidates before the deadline.

After the closing date, Way Taekwondo will send a summary of registrations to each club along with the total amount due and a payment link. All payments must be made by the deadline, or candidates will be removed from the grading.

Pay To: Way Taekwondo

Sort Code: 20-02-62

Account Number: 83143783

Payment Reference: Student ID / Candidate's Name / Club Name

13 · UNSUCCESSFUL CANDIDATES

Should a candidate fail this assessment, instructors are requested to re-enforce the message that candidates were judged on the content of their performance during the examination, and the failure is only a notification that this performance did not meet the standard required on the day.

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

Unsuccessful candidates will not receive any refund.

14 · OBSERVERS & SPECTATORS

One instructor per candidate will be allowed into the rear of the examination hall to observe the grading when their candidate performs only.

Master grades who are 5th Dan and above are invited to remain in the examination hall at all times and are requested to sit in the reserved seating area in suitable formal attire.

15 · TRANSPORT, PARKING & FOOD

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

Parking is available at and around The Stour Centre, Ashford. Please note that parking fees apply. All visitors must park in marked bays and ensure access routes are kept clear. All parking is at your own risk.

Candidates and supporters are welcome to bring their own food and water. Alternatively, food and refreshments can be purchased on-site at the Stour Centre's coffee shop, or from various outlets a short walk away in Ashford town centre.

16 · 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.

17 · QUESTIONS & CONTACT

If you have a question that is not covered in this document, please contact us at the details below.



Way Taekwondo (WAY TKD)

Master Ista Gurung [6th Dan]

Tel: 07450 260314

Email: info@waytkd.com

Web: www.waytkd.com