

**ITF TAEKWON-DO**

## **Grading demands for Dan-grades**



**Proposed Dan-grading demands for graining in Uganda and Kenya by Niklas Enander VI<sup>o</sup>**

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## INSTRUCTIONS

- For grading to I Dan the recommended minimum number of participated classes since the 1:st Gup grading is 60.
- For grading to II Dan the preparation period is 18 months.
- For grading to III Dan the preparation period is 2 years.
- The person being tested shall not only fulfil the demand of the grade that will be tested for but the person shall also be able to fulfil the demands for the lower grades and the grading instructor can ask the person grading to show also these techniques during the grading.
- All Dan-gradings shall, except the said technical demands, also include tests in **strength**, **agility** and **theory**. How this is tested is up to the grading instructor.
- Power breaking techniques and special techniques heights shall be adapted individually and separately for men and women with regards to the capacity of the individual.
- Yaksok Matsogi (Goal sparring) shall be made in a form of "follow John" principle where the participants exchange techniques in a high tempo against each other. The techniques shall be performed in a "combat environment" close to the body but without contact.
- For power breaking the best boards to use is wooden boards 30x30 cm. The thickness shall be about 1,5 cm.
- All participants should bring the correctly filled in application form and the grading fee in Euros.

**The technical demands to achieve below grades.**

<b>I Dan</b>		
<b>TECHNIQUEGROUP</b>	<b>TECHNIQUE</b>	<b>COMMENT</b>
<b>Tul</b> Pattern	Chon-Ji to Chong-Moo One or several patterns are selected by the instructor	
<b>Bal Gisool</b> Leg techniques	I-jung Chagi Yop Cagi, Dollyo Chagi / Kanude , Nopunde	Double round or side kick
	Mikulmyo I-jung Chagi Dollyo Chagi, Yop Chagi, Naeryo Chagi	Sliding double kicks
	Twio Dolmyo Dollyo Chagi	Jumping 360° turning kick
	Twimyo I-Jung Dollyo Chagi	Jumping double turning kick
	One or several of the above techniques is selected. Performed from Niunja Sogi	
<b>Matsogi</b> Sparring	Sambo Matsogi	3 step sparring
	Ibo Matsogi	2 step sparring
	Ilbo Matsogi	1 step sparring
	Jayu Matsogi	Free sparring
	Number and type of step sparring & free sparring is decided by the Instructor	
<b>Hosinsul</b> Self defence	Release from grip Type of grip is decided by the instructor	
<b>Tukgi</b> Special techniques	Twimyo Nopi Apcha Bushigi, Height of raised fist / palm of hand – 1 board	Jumping upward kick
	Twimyo Banae Dollyo Chagi Height of the top of the head – 1 board	Jumping reverse turning kick
	Twimyo Dollyo Chagi, 2 / 1 boards male / female	Jumping turning kick
	Twimyo Nomo Yopcha Jirugi 1 board Jumping over 5/3 persons crouching side by side.	Jumping flying sidekick
	One or several techniques are selected. First height/length male second female	
<b>Wee Ryok</b> Power test	Ap Joomok Jirugi, 2 bords, male	Forefist punch
	Sonkal Yop Taerigi, 2 boards, female	Knifehand strike
	Yopcha Jirugi, 3 boards male, 2 boards female	Side kick
	Dollyo Chagi, 2 boards male, 1 board female	Round kick
	One or several of the above techniques is selected by the instructor	
<b>Strenght</b>	100 push ups	Performed 10 by 10
<b>Theory</b>	Knowledge of Taekwon-Do	
	Theory of Taekwon-Do techniques	
	Korean terminology	
	Knowledge of protocol	
Male students taking the test should bring 10 boards, female should bring 8 boards. World Bank Guideline fee reduction applies; Uganda citizens pay 7 Euro and Kenya citizens pay 17 Euro		

<b>II Dan</b> <span style="float: right; color: yellow; font-size: 2em;">  </span>		
TECHNIQUEGROUP	TECHNIQUE	COMMENT
<b>Tul</b> Pattern	Chon-Ji to Ge-Baek	
	One or several patterns are selected by the instructor	
<b>Bal Gisool</b> Leg techniques	Sam-jung Chagi Yop Cagi, Dollyo Chagi Nopunde, Kanude , Nopunde	Triple round or side kick
	Mikulmyo Sam-jung Chagi Dollyo Chagi, Yop Chagi, Naeryo Chagi	Sliding triple kicks
	Two Dolmyo Yop Chagi	Jumping 360° spinning side ki ck
	Twimyo I-Jung Cagi, Yop Cagi Dollyo Chagi	Jumping double kick
	One or several of the above techniques is selected. Performed from Niunja Sogi	
<b>Matsogi</b> Sparring	Ibo Matsogi	2 step sparring
	Ilbo Matsogi	1 step sparring
	Mobum Matsogi – Free program	Model sparring
	Jayu Matsogi	Free sparring
	Number and type of step sparring & free sparring is decided by the Instructor	
<b>Hosinsul</b> Self defence	Release from grip	
	Defence towards different attacks	
	Type of attack is decided by the instructor	
<b>Tukgi</b> Special techniques	Twimyo Dolmyo Yopcha Jirugi, 160/180cm - 1 board	Jumping 360° spinning side kick
	Twimyo Dolmyo Bandae Dollyo Chagi, 1 board	Jumping 360° reverseturningkick
	Twimyo I-jung Yopcha Jirugi 1+1 board	Jumping turning kick
	Twimyo Dolmyo Nomo Yopcha Jirugi Jumping over 1 person, 1 board	Jumping flying 360° spinning side kick
	One or several techniques are selected. First height/length male second female	
<b>Wee Ryok</b> Power test	Sonkal Yop Taerigi, 3/2 boards, male/female	Knifehand strike
	Tora Yopcha Jirugi, 3/2 boards. male/female	Turning side kick, 180°
	Bandae Dollyo Chagi, 3/2 boards, male/female	Reverse turning kick
<b>Theory</b>	Knowledge of Taekwon-Do	
	Theory of Taekwon-Do techniques	
	Korean terminology	
	Knowledge of protocol	
Male students taking the test should bring 14 boards, female should bring 11 boards World Bank Guideline fee reduction applies; Uganda citizens pay 10 Euro and Kenya citizens pay 26 Euro		

<b>III Dan</b>		
<b>TECHNIQUEGROUP</b>	<b>TECHNIQUE</b>	<b>COMMENT</b>
<b>Tul</b> Pattern	Chon-Ji to Juche	
	One or several patterns are selected by the instructor	
<b>Bal Gisool</b> Leg techniques	Yonsok Sambang Chagi Apcha Bushigi-Yopcha Jirugi - Dwicha Jirugi	Three direction kick
	Mikulmyo Samjung Naeryo Chagi	Sliding triple downward kick
	Mikulmyo Yonsok Chagi, Naeryo Chagi / Yop Chagi	Sliding double kick Performed in same direction
	Twio Dolmyo Naeryo Chagi	Jumping 360° downward kick
The above techniques is performed from Niunja Sogi		
<b>Matsogi</b> Sparring	Ilbo Matsogi	1 step sparring
	Mobum Matsogi – Free program	Model sparring Perform with jumping techniques
	Jayu Matsogi	Free sparring
	Number and type of step sparring & free sparring is decided by the Instructor	
<b>Hosinsul</b> Self defence	Release from grip	
	Defence towards different attacks	
	Type of attack is decided by the instructor	
<b>Tukgi</b> Special techniques	Pihamyo Twimyo Banae Dollyo Chagi, 1 board	Jumpingback reverseturningkick
	Twimyo Yop Chagi wa Yop Jirugi , 1+1 board	Jumping 2 direction kick + punch
	Twimyo Nasonsik Yop Dwit Chagi, 1+1 board	Jumping rotating side & back kick using booth legs
	Twimyo Dolmyo Nomo Yopcha Jirugi Jumping over 2/1 person, male/female, 1 board	Jumping flying 360° spinning side kick
	One or several techniques are selected. First height/length male second female	
<b>Wee Ryok</b> Power test	Ap Palkup Taerigi, 2/1 boards, male/female	Front elbow strike
	Dung Joomuk Taerigi, 2/1 boards male/female	Turning side kick, 180°
	Goro Chagi, 2/1 boards, male/female	Hooking kick
<b>Theory</b>	Knowledge of Taekwon-Do	
	Theory of Taekwon-Do techniques	
	Korean terminology	
	Knowledge of protocol	
Male students taking the test should bring 12 boards, female should bring 9 boards World Bank Guideline fee reduction applies; Uganda citizens pay 14 Euro and Kenya citizens pay 35 Euro		