



International Taekwon-Do Federation Belgium

Regulations for colour and black belt tests

Version January 2019

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§ 1 General

As per these regulations tests are required to be promoted to the next belt.

The aim of these regulations is to establish uniformity for all tests.

The first part of the test evaluates the performance of tul. If there is a mistake, the student can perform the tul once (1) again.

Breaking tests are evaluated by the examiner according to the age of the candidate.

If the test's candidate shows undisciplined attitude in any form, before or during the test, towards the examiner(s) or the committee, the instructor and/or the committee may decide to exclude the candidate from participation in tests.

§ 2 Preparation time for colour belt tests (KUP)

The required preparation time between KUP-exams is showed in the table here below. This time represents the minimum time required to test for the next belt.

Test	Minimum preparation time
9. Kup	2 Months
8. Kup	2 Months
7. Kup	3 Months
6. Kup	3 Months
5. Kup	3 Months
4. Kup	3 Months
3. Kup	3 Months
2. Kup	3 Months
1. Kup	3 Months

Between the tests from 1° kup to 1° Dan, there must be enough time to develop the maturity of the candidate.

§ 3 Preparation time for black belt tests (DAN)

Preparation time between the black belt tests (in compliance with the Bylaws of ITF) is as follows:

Degree	Preparation time in years
I. Dan	1
II. Dan	1,5
III. Dan	2
IV. Dan	3 (the candidate must have at least the age of 21 years)
V. Dan	4
VI. Dan	5
VII. Dan	6 (the candidate must have at least the age of 41 years)
VIII. Dan	7
IX. Dan	8

§ 4 Other requirements for tests

In addition to the above mentioned preparation time periods, the candidate must attend the following seminars:

- National Umpire Course: at least 1 course before grading to red belt, I° degree, II° degree, III° degree, IV° degree, V° degree and up. If not, the grading will be postponed for 6 months.
- The candidate should also be an umpire on championships once before grading to red belt, and before grading to I° and II° degree. Before the grading to III° degree: juniors at least twice, seniors three times. For IV° degree 4 times, V° degree and up 5 times.
- It would be very much appreciated if candidates for dan gradings participate at Honsinsul courses & Days of Taekwon-Do. For instructors: participation in at least 2 National Instructors Courses between each grading is a must.
- The candidate application to attend the test must be approved by the instructor & ITF-Belgium.
- Take a look at the bylaws for the number of IIC's to follow in between grades. From IV° degree on, a teaching license is necessary. For Master and GrandMaster gradings, a thesis is required.

§ 5 Description of Tests

Basic movements	Gibon Yonsup
Patterns	Tul
Free sparring	Jayu Matsogi
Step sparring	Sambo-Matsogi, Ibo-Matsogi, Ilbo-Matsogi
Self defense	Hosinsul
Breaking	Kyok-Pa
Theory	Ilon
Attitude	Tedo

§ 6 Program for colour belt tests (KUP)

Required Kup	Current Kup	Tul	Gibon Yonsup	Matsogi	Hosinsul	Kyok-Pa	Ilon
9. Kup	10. Kup	Saju Makgi Saju Jirugi	At the request of the examiner (not defined)				At the request of the examiner (not defined)
8. Kup	9. Kup	Saju Makgi Saju Jirugi Chon-Ji		<u>Sambo-Matsogi</u> 5 Techniques			
7. Kup	8. Kup	Chon-Ji Dan-Gun		<u>Sambo-Matsogi</u> 10 Techniques	2 techniques against someone grabbing you by the wrist(s)		
6. Kup	7. Kup	Dan-Gun Do-San		<u>Sambo-Matsogi</u> 12 Techniques	2 techniques against someone grabbing you by the wrist(s) 1 technique against someone who strangles you		
5. Kup	6. Kup	Do-San Won-Hyo		<u>Ibo-Matsogi</u> 5 Techniques	3 techniques against someone grabbing you by the wrist(s) 3 techniques against someone who strangles you	Ap- of Nopi Chagi, Sonkal Taerigi	
4. Kup	5. Kup	Won-Hyo Yul-kok		<u>Ibo-Matsogi</u> 10 Techniques	3 techniques against someone grabbing you	Dollyo Chagi, Ap Joomuk Jirugi	

					<p>by the wrist(s)</p> <p>3 techniques against someone who strangles you</p> <p>1 technique against someone who embraces you very tight / puts you in a hold-lock</p> <p>1 technique against someone who grabs you under the armpits and presses you down with a neck-lock (double Nelson)</p>		
3. Kup	4. Kup	Yul-kok Joong-Gun		<p><u>Ilbo-Matsogi</u> 8 Techniques</p>	<p>3 techniques against someone who strangles you</p> <p>1 technique against someone who embraces you very tight / puts you in a hold-lock</p> <p>1 technique</p>	<p>Yop Chagi, Sonkal Dung Taerigi</p>	

					<p>against someone who grabs you under the armpits and presses you down with a neck-lock (double Nelson)</p> <p>1 technique against someone who grabs you by the shoulder(s)</p> <p>2 knife defenses</p>		
2. Kup	3. Kup	Joong-Gun Toi-Gye		<p><u>Ilbo-Matsogi</u> 12 Techniques</p>	<p>3 techniques against someone who strangles you</p> <p>1 technique against someone who embraces you very tight / puts you in a hold-lock</p> <p>1 technique against someone who grabs you under the armpits and presses you down with a</p>	<p>Twimyo Yop Chagi, Bandaedollyo Chagi</p>	

					<p>neck-lock (double Nelson)</p> <p>1 technique against someone who grabs you by the shoulder(s)</p> <p>2 knife' defenses</p> <p>2 stick/batton' defenses</p>		
1. Kup	2. Kup	Toi-Gye Hwa-Rang		<p><u>Ilbo-Matsogi</u> 15 Techniques</p>	<p>3 techniques against someone who strangles you</p> <p>1 technique against someone who embraces you very tight / puts you in a hold- lock</p> <p>1 technique against someone who grabs you under the armpits and presses you down with a neck-lock (double Nelson)</p>	<p>Twimyo Dollyo Chagi, Dwyt Chagi</p>	

					1 technique against someone who grabs you by the shoulder(s)		
					2 knife' defenses		
					2 stick/batton' defenses		
					2 defenses against gun		

§ 7 Program for black belt tests (Dan)

Dan	Tul	Matsogi	Hosinsul	Kyok-Pa	Ilon	Additional
I. Dan Boosabum	Choong-Moo Hwa-Rang Toi-gye and other designated tul	Sambo-, Ibo-, Ilbo-Matsogi Jayu Matsogi	Similar program of 1 Kup + 2 techniques against someone who kicks at you	Dollyo Chagi and Bandae Dollyo Chagi as a combination Tymio nopi	At the request of the examiner	
II. Dan Boosabum	Kwang-Gae Po-Eun Ge-Baek and other designated tul	Sambo-, Ibo-, Ilbo-Matsogi Jayu Matsogi	Similar program of I Dan. Additionally, the examiner may require some of the following techniques: Technique against someone who attacks you while you're on the floor Technique against someone who presses you against the wall Technique to defend oneself while sitting on a chair Defense against two attackers Defending someone else in need Show vital points and pressure points	Twimyo Dollyo Chagi Hand technique of your choice	At the request of the examiner	See point 4.

III. Dan Boosabum	Eui-Am Choong-Jang Juche and other designated tul	Sambo-, Ibo-, Ilbo-Matsogi Jayu Matsogi	At the request of the examiner in compliance with the previous program	Twimyo Bandae Dollyo Chagi, Twimyo Dollmyo Yop Chagi	At the request of the examiner	See point 4.
IV. Dan Sabum	Sam-Il Yoo-Sin Choi-Yong and other designated tul	Sambo-, Ibo-, Ilbo-Matsogi Jayu Matsogi	At the request of the examiner	At the request of the examiner	At the request of the examiner	See point 4.
V. Dan Sabum	Yon-Gae Ul-Ji Moon-Moo and other designated tul	Sambo-, Ibo-, Ilbo-Matsogi Jayu Matsogi	At the request of the examiner	At the request of the examiner	At the request of the examiner	See point 4.
VI. Dan Sabum	So-San Se-Jong	Ilbo Matsogi	At the request of the examiner	At the request of the examiner	At the request of the examiner	See point 4.
VII. Dan Sahyun	Tong-Il				At the request of the examiner	See point 4.