



International Taekwon-Do Federation-Belgium

Regulations for coloured and black belt tests

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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 the student. If there is a mistake, the student can perform the test 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 coloured belt tests (KUP)

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

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

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

§3 Preparation time for black belt tests (DAN) – see ITF By-laws for all ITF required details!

Minimum preparation time between the black belt tests (in compliance with the By-laws 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). At least one IIC and online grading International instructor + application International Instructor. (See by-laws ITF)
V.Dan	4 and at least 1 IIC
VI.Dan	5 and at least 1 IIC
VII.Dan	6 (the candidate must have at least the age of 41 years) and at least 1 IIC + 1 Do-course -see bylaws ITF
VIII.Dan	7 and at least 1 IIC + 1 Do-course -see bylaws ITF
IX.Dan	8 and at least 1 IIC + 1 Do-course -see bylaws ITF (candidate must have at least 60 years) + support GM's

§4 Other requirements for tests

In addition to the above mentioned preparation time periods, the candidate must attend the following national 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.
- The candidate should also be an Umpire on championships once (=1x) before grading to red belt + I° and II° degree. Before the grading to III° degree: juniors at least twice (=2x), senior three times (=3x). Before IV° degree: 4 times (=4x). Before V° degree and up: 5 times (=5x).
- It would be very much appreciated if candidates for dan gradings participate at hosinsul courses, Days of Taekwon-Do and other national seminars/events.
- For instructors: participation in at least 2 National Instructors Courses between each grading is a must.
- The candidate's application and other necessary documents to attend the test must be approved by the instructor & ITF-Belgium and send to the office at least 1 month in advance (I° - VI°) / 3 months in advance (VII° and above).
- Take a look at the bylaws for the number of IIC's, Do-courses and other requirements to follow in between grades. From grading to IV° degree on, a teaching license / International Instructor is necessary. For Master and Grand Master gradings, a thesis is required.

§5 Description of Tests

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

§6 Program for coloured belt tests (KUP)

Required Kup	Current Kup	Tul	Gibon Yonsup	Matsogi	Hosinsul	Kyok-Pa	Division
9.Kup	10.Kup	Saju Makgi Saju Jirugi	At the request of the examiner (not defined)				At the request of the examine r (not defined)
8.Kup	9.Kup	Saju Makgi Saju Jirugi Chon- -Ji		<u>Sambo- Matsogi</u> 5 Techn iques			
7.Kup	8.Kup	Chon- Ji Dan- Gun		<u>Sambo-Matsogi</u> 10 Techniques	2 techniques against grabb ing the wrist(s)		
6.Kup	7.Kup	Dan- Gun Do- San		<u>Sambo-Matsogi</u> 12 Techniques	2 techniques against grabbing the wrist(s) 1 technique against strangling		
5.Kup	6.Kup	Do- San Won- Hyo		<u>Ibo- Matsogi</u> 5 Tech niques	3 techniques against grabbi ng the wrist(s) 3 techniques against strangli ng	Ap Cha Busigi Sonkal Taerigi	
4.Kup	5.Kup	Won- Hyo Yul- Gok		<u>Ibo- Matsogi</u> 10 Tech niques	3 techniques against grabbi ng the wrist(s) 3 techniques against strang ling	Dollyo Chagi , Ap Joomuk Jiru gi	

					<p>1 techniqueagai nstsomeone whoembracesv erytight/putsyo u in a hold-lock</p> <p>1 techniqueagai nstgrabbingu nder thearpits andpresses youdown with aneck- lock(doubleN elson)</p>	
3.Kup	4.Kup	Yul- GokJoong- Gun		Ilbo- Matsogi8Tec hniques	<p>Same defenses + 2 knife defenses</p>	<p>Yop Chagi,Sonka I DungTaerigi</p>

2.Kup	3.Kup	Joong-Gun Toi-Gye		<u>Ilbo-Matsogi</u> 12Techniques	Same techniques + 2 stick/baton defenses	Twimyo YopChagi, BandaedollyoCh agi	
1.Kup	2.Kup	Toi- GyeHwa- Rang		<u>Ilbo- Matsogi</u> 15Tech niques	Same techniques + 2 defenses against gun/pistol	Twimyo DollyoChagi, DwytChagi	

§7 Program for black belt tests (Dan)

Dan	Tul	Matsogi	Hosinsul	Kyok-Pa	Ilon	Additional
I. Dan Boosabum	Choong-MooHwa-RangToi-Gye and other designated tul	Sambo-, lbo-, llbo-Matsogi JayuMatsogi each minimum 2 minutes	Similar program of 1 Kup + 2 techniques against attacker kicking minimum 1.5 minute without stopping	Dollyo Chagi and Bandae Dollyo Chagi as a combination Twymio Nopi Chagi Max. attempts: 2 Breaking boards: 2 cm adults -14 years 1.5 cm	At the request of the examiners	
II. Dan Boosabum	Kwang-Gae Po-Eun Ge-Baek and other designated tul	Sambo-, lbo-, llbo-Matsogi JayuMatsogi each minimum 2 minutes	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 (nopunde) Hand technique of choice	At the request of the examiners	See point 4.

III. Dan Boosabum	Eui-AmChoong-JangJuche and otherdesignatedtul	Sambo-,Ibo-,Ilbo-Matsogi JayuMatsogi	Attherequestofthe examiner incompliancewithth epreviousprogram	TwimyoBandaedollyoChagi (nopunde) Twio Dolmyo Yopcha chirugi	Attherequestofth eexaminer	Seepoint4.
IV.Dan Sabum	Sam-Ilyoo-SinChoi-Yongandot her designatedtul	Sambo-,Ibo-,Ilbo-Matsogi JayuMatsogi	Attherequestofth eexaminer	Attherequestoftheexaminer or according techniques in latest pattern (1 hand -feet -jumping)	Attherequestofth eexaminer	See point 4.
V. Dan Sabum	Yon-GaeUl-Ji Moon-Moo and otherdesignat edtul	Sambo-, Ibo-,Ilbo-Matsogi JayuMatsogi	Attherequestofth eexaminer	Attherequestoftheexaminer or according techniques in latest pattern (1 hand -feet -jumping)	At the request oftheexaminer	See point 4.
VI.Dan Sabum	So-SanSe-Jong + 1 optional and 1 designa ted tul	IlboMatsogi	At the request oftheexaminer	Attherequestoftheexaminer or according techniques in latest pattern (1 hand -feet -jumping)	Attherequestofth eexaminer	See point 4.
VII. Dan Sahyun	Tong-Il Se Jong +1 optional pattern and 1 designated			Attherequestoftheexaminer or according techniques in latest pattern (1 hand -feet -jumping)	Attherequestofth eexaminer	Seepoint4.

Prices and procedures of gradings, documents in Dutch/French :

www.itfbelgium.be/index.php/information/documents

