

# TRADITIONAL • AUTHENTIC • ORIGINAL



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## **ITF-TAO 5<sup>th</sup> Dan Grading Requirements**

There are various levels of criteria that must be met to achieve the rank of 5<sup>th</sup> Dan. A minimum of 4 active years as a 4<sup>th</sup> Dan black belt and a minimum of 20 years of Taekwon-Do training.

The completion of at least one Technical Conference must happen before permission can be granted to grade to 5<sup>th</sup> Dan. A Technical Conference certificate number for each of the courses must be provided when applying for grading.

### **Physical Test:**

(Performed on the test day)

5 min. skipping (continuous), 30 push-ups, 30 sit-ups, 10 burpees

### **Fundamental movements**

At the examiner's discretion (foot and hand techniques from patterns)

### **Pattern:**

Chon-Ji Tul – Moon-Moo Tul

### **Sparring:**

3, 2, 1 step sparring (minimum 5)

Model sparring (1-5 from the condensed encyclopedia)

Free sparring (1 on 1)

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## **Self-defence:**

Minimum of 20 different techniques (releasing, controlling, damaging)

## **Breaking:** (30 boards)

Selected from the following:

- Power foot technique using;  
Foot sword  
Ball of foot  
Back heel
- Power hand technique using;  
Knife hand  
Fore fist
- Speed foot technique using;  
Ball of foot  
Back heel
- Speed hand technique using;  
Reverse knife hand  
Back fist

## **Theory:**

- Pattern meanings (all 21 patterns)
- Stance and technique for 3 patterns (at the examiner's discretion)
- 9 training secrets
- 6 factors in the theory of power
- Founder of Taekwon-Do
- Founding date of Taekwon-Do
- Founding date of ITF (as well as the 9 countries)