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ITF-TAO 4th Dan Grading Requirements

There are various levels of criteria that must be met to achieve the rank of 4th Dan. A minimum of 3 active years as a 3rd Dan black belt, a minimum of 15 years of Taekwon-Do training and a minimum of 25 years of age.

Before the candidate for promotion may take the grading test, they must complete a paper which gives their Taekwon-Do history. This must be detailed, by date. The history must be submitted to ITF-TAO 3 months prior to and permission given before the grading can take place.

The completion of at least one Technical Conference must happen before permission can be granted to grade to 4th 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 – Choi-Yong Tul

Sparring:

3, 2, 1 step sparring (minimum 5)

Model sparring (1-5 from the condensed encyclopedia)

Free sparring (1 on 1, 2 on 1, 3 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 (foot sword, ball of foot, back of heel)
- Power hand (fore fist, knife hand, reverse knife hand)
- Special technique (flying high kick, flying turning kick, flying twisting kick)
- Speed (foot and hand)
- 3 targets in the air with the foot
- 3 concrete slabs with downward knife hand strike (adult men) 2 concrete slabs for women

Theory:

- Pattern meanings (all 18 patterns)
- Stance and technique for 3 patterns (at the examiner's discretion)
- Belt meanings (all 6 belts)
- 3-step sparring meaning
- 2-step sparring meaning
- 1-step sparring meaning
- 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)