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ITF-TAO 5th Dan Grading Requirements

There are various levels of criteria that must be met in order to achieve the rank of 5th Dan Black Belt. A minimum of four active years as a 4th Dan black belt, a minimum of 14 years of Taekwon-Do training and a minimum of 24 years of age.

The Completion of at least one International Instructors Course must happen before permission can be granted to grade to 4th Dan. An International Training 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 examiners 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-defense:

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)