

# TRADITIONAL • AUTHENTIC • ORIGINAL



---

## **ITF-TAO 6<sup>th</sup> Dan Grading Requirements**

There are various levels of criteria that must be met in order to achieve the rank of 5<sup>th</sup> Dan Black Belt. A minimum of five active years as a 5<sup>th</sup> Dan black belt, a minimum of 20 years of Taekwon-Do training and a minimum of 29 years of age.

The Completion of at least one International Instructors Course must happen before permission can be granted to grade to 6th 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 examiner's discretion (foot and hand techniques from patterns)

### **Pattern:**

Chon-Ji Tul – Se-JongTul

### **Sparring:**

3, 2, 1 step sparring (minimum 5)

Model sparring (1-5 from the condensed encyclopedia)

Free sparring (1 on 1)

# TRADITIONAL • AUTHENTIC • ORIGINAL



---

## **Self-defence:**

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

## **Breaking:**

A choice demonstration of 4 items that must include the following:

- a) Optional hand technique speed
- b) Optional hand technique power
- c) Optional foot technique speed
- d) Optional foot technique power

## **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)