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ITF-TAO 6th Dan Grading Requirements

There are various levels of criteria that must be met in order to achieve the rank of 6th Dan. A minimum of 5 (five) active years as a 5th Dan black belt, a minimum of 25 years of Taekwon-Do training and a minimum of 40 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)

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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 23 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)