

TKÍ DAN GRADING

Rules of the Icelandic Taekwondo
Federation concerning the
acknowledgement and conduct of dan
promotion tests



1. Internationally recognized diplomas are one of the prerequisites for participation in competitions, seminars and rights. Kukkiwon Certified Certificates are the only certificates that are recognized by World Taekwondo, and thus by the Taekwondo Federation of Iceland (hereinafter TKÍ). It is therefore very important to clarify how the black belt tests will be approved and how joint TKÍ tests will be conducted in order to safeguard the integrity of the sport, the rights of practitioners and duties.
2. To obtain a Kukkiwon registered dan certificate, all residents in Iceland need to use the intermediary of TKÍ.
3. TKÍ accepts all tests conducted by:
 - a. Kukkiwon
 - b. TKÍ (see article no. 6)
 - c. Masters with international rights (recognized by Kukkiwon) to graduate and TKÍ has previously granted permission
4. TKÍ shall be notified in advance of a black belt test that shall be conducted in Kukkiwon.
5. TKÍ shall be notified in advance of a black belt test covered by Article 2, point c. TKÍ shall accept and acknowledge all black belt tests as long as it is proven that the examiner has the necessary rights to grade the relevant belt. The TKÍ examinations (both the written and endurance test) must be passed in order for such approval to be granted, but that part may be taken after the completion of the main examination at the first possible opportunity. The application needs to be sent in at least one month in advance. It is possible to apply for an exemption due to specific circumstances, and the TKÍ Black Belt Committee and / or the Board of TKÍ will decide whether an exemption is granted.
6. TKÍ shall conduct a black belt test at least once a year and announce the date and price with at least two months' notice. Attempts are made to hold an exam at a similar date each year. The tests are open to all students that are registered in TKÍ and have a recommendation from their teacher. TKÍ ensures that the examiner has the necessary international rights to graduate examinees. The registration deadline is one month before the primary exam. The minimum number of examinees is three, if this number is not reached the test may be postponed.
 - a. Clubs that are members of TKÍ have different traditions, rules and belt-tests. These rules do not replace the rules of the clubs but should support them and give all practitioners the opportunity to show their strong sides.
 - b. The exam consists of two parts: pre-examination and main exam. Only the examiners who passed the pre-examination part can continue to the main exam. The pre-examination consists of a written test (1-3 dan/poom) / thesis (4th dan +) and an endurance test. The main exam is divided into technique, poomsae, kyorugi, honsinsul and kyokpa. The pre-examination shall take place one to three weeks prior to the primary exam.
 - c. Further clarification of the requirements for both the pre-examination and the main exam can be found in Appendices 1 and 2. It is possible to apply for exemption from parts due to special circumstances or medical certificates.

These rules take effect on September 1st 2017 and shall be published on the website of TKÍ in both Icelandic and English. The Black Belt Testing Committee and the Board of TKÍ may amend these rules and shall then advertise such changes specifically on the website of TKÍ.

Appendix 1: Screening test

The screening test shall be conducted 1-3 weeks prior to the main dan exam.

TKÍ shall make sure that the screening test takes place in one of the participating clubs at a date and time announced to all candidates.

The Black Belt Exam Committee (hereinafter, BBEC) organises the screening test, keeps records of the tests and grades the written tests before the main dan exam.

1) Written test/thesis

- a) First – third dan candidates must complete a written test as part of their screening test. Questions will be based on list of technical terms from World Taekwondo (see “Poomsae competition rules and interpretation” – Poomsae Scoring Guidelines section), the history of taekwondo, the history of taekwondo in Iceland and competition rules in sparring and poomsae. The BBEC makes and grades the written tests and strives to provide candidates with learning materials for the written test (the BBEC can also outsource this to a master).
- b) For fourth dan and higher there is not a written test but a written thesis is submitted instead. It shall be at least 10 pages, written in English and submitted at the same time as the written test is scheduled. The BBEC provides a short list of subjects but candidates can also propose a subject themselves. The thesis is graded by the main examiner, not the BBEC.

2) Physical condition test

a) T-Kicks

- 25 front-kicks, no jumping allowed, per base.
- Four bases shaped as T
- 7 meters between each base
- Finish within 70 seconds (85 for 40-49 year olds)

b) TRI-condition

	<u>Pushups</u>	<u>Situps</u>	Squat-jumps	Time limit
1. Dan	70 (50)	100	70	7:00
2. Dan	80 (55)	110	80	7:30
3. Dan	90 (60)	120	90	8:00
4. Dan +	100 (65)	150	100	9:00

Extra time granted for the following age range:

- 40-49 years old: 1 minute
- 50-59 years old: 2 minutes
- 60+ years old: Testing not required

3) Technique, hosinsul and questions

Demonstration of candidates efficiency in understanding taekwondo terminology in korean, performing hosinsul and answering questions can be part of the screening test if so requested by the main examiner, otherwise these will be test in the main dan exam (see appendix 2) and the written exam.

Appendix 2: Dan Exam

The dan exam is solely for those candidates that have passed the screening test.

The main examiner is responsible for the dan exam and only he/she can pass or fail candidates.

In addition to this appendix the main examiner can make additions to the Dan exam, if those additions are published one month before the dan exam.

The BBEC organises the exam in co-operation with TKÍ and the main examiner.

1. Technique

Participants will demonstrate that they can understand taekwondo terminology in Korean by combining techniques requested by the BBEC, in Korean. The terms used should be from the latest Poomsae Competition Rules and Interpretation published by WT.

2. Taeguks

All participants will demonstrate Taeguks requested by the examiner during the test. The participants will not know beforehand which Taeguks will be requested.

3. Poomsae

All participants will demonstrate the corresponding Poomsae for the grade they are being examined for and lower Poomsae as well if requested by the examiner during the test.

4. Sparring

The sparring test will be divided in two parts. The participants need to demonstrate that they understand the following:

- Control of the technique that is used and control of distance from the opponent
- Understand and apply pressure against the opponent and court-awareness
- Kicking techniques
- Use of various kicking techniques that are relevant when used
- Punching and blocking

Score will be given for the demonstration of the above mentioned techniques but not for points scored in chest or head protector. Judges will not count points.

Participants should have control of their techniques.

Part I

Participants will demonstrate their sparring technique in four 2 minute rounds against other participants. They are therefore likely to receive an opponent in different weight/age categories while demonstrating perfect control of their power and techniques.

Part II

Participants will demonstrate their technique against an opponent of similar size/weight for two rounds of 2 minutes.

5. One step sparring

All participants will demonstrate 8 one-step-sparring techniques. For each DAN grade there will be 2 techniques added to the requirement.

6. Hosinsul

All participants will demonstrate 4 self-defence techniques. For each DAN grade there will be 2 techniques added to the requirement. Score will be given according to performance.

The following attacks will be used for 1. dan

- Wrist control
- Bear hug
- Standing headlock
- Chokehold from behind
- Get up from a pin on the ground

Participants aiming for 2. dan and above will demonstrate self-defence against a surprise attack.

7. Kyokpa

All participants will demonstrate their ability in kyokpa by breaking a brick and wooden boards. The material used will be relative to their age, gender and body weight.

For first dan:

2 x hand technique

2 x foot techniques (sequence breaks)

1 x high level technical kick

For each DAN grade there will be 1 technique added to each requirement.

Scoring

SCREENING	
Physical condition	Pass/Fail
TRI-condition	Pass/Fail
T-Kicks	Pass/Fail
Written exam/thesis	10 (minimum 6 of 10)
Technique combinations	10
Terminology understanding	
Technique	
DAN EXAM	
FORMS	20
Taegeuks	10
Poomsae	10
Accuracy, power, coordination, rhythm and ki	

Sparring	20
Control of the technique that is used and control of distance from the opponent.	
Understand and apply pressure against the opponent and court-awareness.	
Kicking techniques	
Use of various kicking techniques that are relevant when used	
Punching and blocking	
One step sparring	10
Variations of techniques	5
Control of power and distance	5
Hosinsul	10
Effectiveness and efficiency of counter attacks	10

Kyokpa	10
Difficulty	
Completion	yes/no
Ki	10
Attitude (kihap, respect, energy)	

Total score: 100