



# UK TAEKWON-DO ASSOCIATION

PO Box 24,  
Crawley, RH10 4ZH,  
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Email officemanager@ukta.com  
www.ukta.com



## **Black Belt Grading Requirements** **Minimum Criteria**

### **Patterns:**

Perform all patterns to the requirement of your current grade.

### **Sparring:**

Demonstrate all sparring: 3 step, 3 step semi free, 2 step, 1 step and free sparring against more than one opponent.

### **Breaking:**

Plastic boards and breaking materials will be supplied. Bricks will be standard LBC Fletton type.

Minimum dimensions of timber for the relevant technique.

- Power and Flying - 280mm x 280mm x 23mm
- Multi - target & Fingertip only - 280mm x 280mm x 12mm

Students grading to 5<sup>th</sup>, 6<sup>th</sup> or 7<sup>th</sup> Degree may bring their own breaking materials.

### **Minimum Standard for Requirement**

- Male - 1 full red board  
If record shows 1 board all techniques, then more than 1 board will be expected.
- Female - 1 full board  
Plastic Boards not as hard as the red are available.
- Junior - Discretion is needed - age & size to be considered  
Junior plastic boards are available.
- Child - Discretion is needed  
Children must be able to perform kicks correctly.  
There are very weak plastic boards available.

### **Promotion from 1<sup>st</sup> Kup to 1<sup>st</sup> Degree**

1. Must be prepared to perform side, turning and reverse turning kick with both legs on a new red breaker board.
2. A choice of punch or knife-hand strike on a LBC Fletton brick, in an upright holder (not a requirement for children or juniors; adult females may choose 1 brick stamping kick).
3. Must be a minimum of 11 years of age.

### **Promotion from 1<sup>st</sup> Degree to 2<sup>nd</sup> Degree**

1. Flying turning kick on a wooden board with left and right legs. The kick must be performed from a stationary L-stance position using a two foot take off (Not scissor action). Please refer to 'Breaking Criteria Supplement for further details.
2. Reverse turning kick on breaker board/s.
3. Fore fist punch on a brick using left and right hands (not a requirement for children or juniors; adult females may choose 2 bricks stamping kick). Brick is to be positioned as 1st Kup requirements.
4. Must be a minimum of 14 years of age.
5. Must have a minimum 18 months training since last promotion.

**지식에 대한 열정인내를 통한 성공**



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Minimum number of timber boards for the following relevant technique. Please refer to 'Breaking Criteria Supplement for further details.

- Male - Power foot 4 boards, hand 3 boards
- Male - Flying 1 board
- Female - Power foot 3 boards, hand 2 boards
- Female - Flying 1 board
- Junior - Power 1-3 boards with discretion (age & size)
- Junior - Flying 1 board

## **Promotion from 2<sup>nd</sup> Degree to 3<sup>rd</sup> Degree**

1. Flying high kick on a wooden board with left and right legs. The kick must be performed from a stationary L-stance using a scissor action with no stepping. Please refer to 'Breaking Criteria Supplement for further details.
2. Overhead kick on a wooden board using left and right legs. Please refer to 'Breaking Criteria Supplement for further details.
3. Knife-hand strike on a brick using left and right hands (not a requirement for juniors; adult females may choose two bricks stamping). Brick is to be positioned as 1st Kup requirements.
4. Must be a minimum of 16 years of age.
5. Must have minimum 2-year training since last promotion.

## **Promotion from 3<sup>rd</sup> Degree to 4<sup>th</sup> Degree**

1. Back fist strike on a breaker board using left and right hands. Boards are to be held in a standard breaking stand.
2. Flying reverse turning kick using left and right legs. The kick must be performed from a stationary L - stance position using a two foot take off (Not scissor action - no stepping). The board height will be as for flying turning kick.
3. Mid-air kick on breaker board(s) using left and right legs. The kick must be performed from a stationary L - stance position using a two foot take off (No stepping). The breaker board(s) will be held in a standard breaking stand, with the centre of the boards at solar plexus level.
4. Must be a minimum of 22 years of age.
5. Must have a minimum of 3 years training since last promotion.
6. Must be an "A" Class Instructor.
7. Must be an "A" Class Umpire.
8. Must support a minimum of 2 UKTA events per year.
9. Ideally running their own school.
10. Must actively be promoting the UKTA.

## **Promotion from 4<sup>th</sup> Degree to 5<sup>th</sup> Degree**

1. Fingertip thrust using left and right hands on a wooden board no less than 230mm x 230mm x 12mm. The board will be supported by other assistant instructors.
2. Overhead kick on a wooden board using left and right legs. The height of the board is to be selected by the student performing. Please refer to 'Breaking Criteria Supplement for further details. A run up may be used.
3. Flying twisting kick using left and right legs on a wooden board. The height of the board is determined as for flying high kick. A short run up may be used.
4. Must be a minimum of 25 years of age.
5. Must have a minimum 4 years training since last promotion.

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President GRAND MASTER JOHN F. WILLIAMSON Members of the INTERNATIONAL TAEKWON-DO FEDERATION and BRITISH TAEKWON-DO COUNCIL



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## Promotion from 5<sup>th</sup> Degree to 6<sup>th</sup> Degree

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

1. Optional hand technique.
2. Optional foot technique.
3. Multi target flying technique (minimum three targets with feet).
4. Must be a minimum of 30 years of age.
5. Must have a minimum 5 years training since last promotion.

## Promotion from 6<sup>th</sup> Degree to 7<sup>th</sup> Degree

A choice demonstration that must include:

1. Pattern Tong-Il.
2. Power breaking hand.
3. Power breaking foot.
4. Jumping/Flying breaking.
5. Must be a minimum of 37 years of age.
6. Must have a minimum 6 years training since last promotion.

## Reduction to the minimum training time between promotions (effective from 1st Sep. 2015)

Students attending ITF Technical Seminars are entitled to reduce their training time between gradings as follows

### **Up to 2nd Degree**

- 1st seminar; 2 months' reduction
- 2nd seminar; 1 month's reduction

### **3rd Degree and 4th Degree**

- 1st seminar; 3 months' reduction
- 2nd seminar: 1 month's reduction
- 3rd seminar; 1 month's reduction

### **5th Degree and 6th Degree**

- 1st seminar; 4 months' reduction
- 2nd seminar: 1 month's reduction
- 3rd seminar; 1 month's reduction

### **7th Degree and above**

No reduction will be awarded to 7th Degree and 8th Degree holders.

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