

# BRITISH TAEKWONDO CONTROL BOARD (WTF)



## TRAINING SYLLABUS

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#### BRITISH TAEKWONDO CONTROL BOARD TRAINING SYLLABUS

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## INTRODUCTION

### Instructors

These are the minimum recommendations from the BTCB Technical Committee for safely teaching the syllabus from 10th kup (white belt) to 7th dan, in conjunction with the BTCB and BTC insurance recommendations. The fundamental principle in all training is that safety must come first. Your judgement in choosing training exercises must take into account the age, ability, health, medical condition and grade of the student.

The use of hand-held pads, kick bags and the like is acceptable at every grade, depending on the requirements for that grade.

### Sparring

All students, at all grades, should practise sparring, unless there are medical grounds to forbid it. Sparring consists of various forms, including (amongst others) three-step sparring, one-step sparring, one-for-one kicking and free sparring. Free sparring may be non-contact, light-contact or full-contact. Full-contact free sparring is not permitted until the students have reached at least 9th kup. Instructors should assess students' abilities and behaviour before allowing them to participate in free sparring. All forms of free sparring should be practised under full WTF rules. Instructors must ensure that they and their students are familiar with the latest rules and competition procedures. Students must have *all* personal protective equipment (PPE) (mouth, head, trunk, arm, hand, leg, and groin guards). PPE is compulsory for light-contact and full-contact sparring practice and for any form of self-defence practice that involves contact or the use of weapons (e.g., wooden practice knives).

Sparring is distinct from self-defence training, which will use attack and defence techniques that are not allowed under the competition rules. (See below; 'Specialised Training'.)

### Specialised Training

Students may participate in special activities and training beyond the minimum specified in the syllabus. This is for those students who are able to progress faster or who wish to practise specialised techniques under the close tuition of an insured instructor. (An "*insured instructor*" is one who holds instructor's professional indemnity insurance in his/her own right.)

#### 1 Free Sparring

Specialised free sparring without body protection must be done under the supervision of an insured instructor, in a controlled environment. Refer to Kukkiwon Text Book (Chapter VII) for various styles of technique and application.

#### 2 Basics

Specialised techniques for higher-level students under supervision of an insured instructor.

#### 3 Breaking

Specialised techniques for higher level students, under supervision of an insured instructor.

#### 4 Elite competition training & Demonstration techniques

All students, from 9th kup upwards, can practise some competition or demonstration techniques. Special training for high-level competition sparring or for advanced techniques for public demonstrations is not part of the routine training programme. Demonstrations can involve difficult or acrobatic techniques with a consequent greater risk of injury. These two aspects of taekwondo should therefore be practised at specialised training sessions, by competent students under the supervision of an insured instructor.

#### 5 Weapons training

The use of hand weapons (e.g., short sticks, staffs, wooden swords) for specific attack and defence techniques or as training tools in their own right is a legitimate extension to taekwondo training.

#### 6 Specialised self-defence training

This encompasses all techniques necessary for effective self-defence, such as joint locks, throws, grappling or restraint techniques, attacks to pressure points and use of appropriate materials or weapons.



# KUP SYLLABUS



## 10TH KUP-9TH KUP

<b>TRAINING PERIOD</b>	Minimum 3 months from start (Instructor's discretion)	
<b>STANDARD</b>	Students should perform the majority of techniques correctly. Power and accuracy are not essential.	
<b>POOMSAE</b>	No poomsae required for this grade	
<b>BASICS</b>	<b>Stances</b>	Attention; ready; walking; back; long; horse riding
	<b>Blocks</b>	Head block; low block; inside to outside chest block; outside to inside chest block
	<b>Strikes</b>	In horse riding stance; long stance on the spot; single and double punch
	<b>Kicking</b>	Front kick; crescent kick (outside to inside and inside to outside); turning and half turning kick
<b>SPARRING</b>	<b>One-for-one kicking</b>	Using the four kicks; no contact.
	<b>Three-step sparring</b>	Instructor's choice
	<b>Free sparring</b>	No contact or light contact, at instructor's discretion
<b>SELF-DEFENCE</b>	Locks, releases and throws; close-quarter techniques; attacks and counterattacks to vital or sensitive points	
<b>BREAKING</b>	None required	
<b>TERMINOLOGY</b>	Instructor	<i>Sabum (Addressed as Sabum Nim)</i>
	Uniform	<i>Do Bok</i>
	Start	<i>Shijak</i>
	Stop	<i>Geuman</i>
	Return To Start	<i>Baro</i>
	Turn Around	<i>Dwiro dora</i>
	Training Hall	<i>Do Jang</i>
	Belt	<i>Tee</i>
	Attention	<i>Charyot</i>
	Bow	<i>Kyong Ye</i>
	Ready	<i>Joonbi</i>
	Thank You	<i>Gamsa Hamni Da</i>

These are the minimum recommendations for 9th Kup by the BTCB Technical Committee.



## 9TH KUP-8TH KUP

<b>TRAINING PERIOD</b>	Minimum 3 months from 9th kup (Instructor's discretion)	
<b>STANDARD</b>	Students should perform the majority of techniques correctly. Power and accuracy are not essential although there should be evidence that students are learning to develop correct methods for generation of power. There should be few errors in the pattern.	
<b>POOMSAE</b>	Tae Geuk 1 (Il Jang): Heaven and Light	
<b>BASICS</b>	<b>Stances</b>	Attention; ready; walking; back; long; horse riding
	<b>Blocks</b>	Head block; low block; inside to outside chest block; outside to inside chest block
	<b>Strikes</b>	Moving in long stance, head section, middle section and low section Double punch, triple punch, single knife hand and elbow and as previous
	<b>Kicking</b>	Side kick, turning kick, pushing kick, and as previous (single and double technique); front and back leg
<b>SPARRING</b>	<b>One-for-one kicking</b>	Using all seven kicks, no contact
	<b>Three-step sparring</b>	Instructor's choice
	<b>Free sparring</b>	No contact, light ('touch') contact or full contact, at instructor's discretion
<b>SELF-DEFENCE</b>	Locks, releases and throws; close-quarter techniques; attacks and counterattacks to vital or sensitive points	
<b>BREAKING</b>	16 years and above, elbow and side kick (½-1 inch; plastic or timber) dependent on size and age. Instructor's discretion.	
<b>TERMINOLOGY</b>	One	<i>Hana</i>
	Two	<i>Dool</i>
	Three	<i>Set</i>
	Four	<i>Net</i>
	Five	<i>Dasut</i>
	Six	<i>Yosut</i>
	Seven	<i>Ilgop</i>
	Eight	<i>Yodul</i>
	Nine	<i>Ahop</i>
	Ten	<i>Yul</i>
	Pattern	<i>Poomsae</i>
	Stance	<i>Seogi</i>
	Long Stance	<i>Apkoobi Seogi</i>
	Back Stance	<i>Dwitkoobi Seogi</i>
	Walking Stance	<i>Ap Seogi</i>
	Horse Riding Stance	<i>Joochoom Seogi</i>

These are the minimum recommendations for 8th Kup by the BTCB Technical Committee.



## 8TH KUP-7TH KUP

<b>TRAINING PERIOD</b>	Minimum 3 months from 8th kup (Instructor's discretion)	
<b>STANDARD</b>	Students should perform the majority of techniques correctly. Power is not essential but blocks and attacks should be fairly accurate. There should be few errors in the patterns.	
<b>POOMSAE</b>	Tae Geuk 2 (Ee Jang): Joyfulness Tae Geuk 1 (Il Jang): Heaven and Light	
<b>BASICS</b>	<b>Stances</b>	Attention; ready; walking; back; long; horse riding and as previous
	<b>Blocks</b>	Cross low, cross high, twin knife hand middle and low and as previous
	<b>Strikes</b>	Spear finger thrust, knife hand strike (inside and outside) and as previous
	<b>Kicking</b>	Step through turning kick and side kick, skipping half turning kick, and as previous
<b>SPARRING</b>	<b>One-for-one kicking</b>	Combination of all previous kicks; no contact
	<b>Three-step sparring</b>	Instructor's choice
	<b>Free sparring</b>	No contact, light ('touch') contact or full contact, at instructor's discretion
<b>SELF-DEFENCE</b>	Locks, releases and throws; close-quarter techniques; attacks and counterattacks to vital or sensitive points	
<b>BREAKING</b>	16 years and above, elbow, sidekick, front kick and palm heel (½-1 inch; plastic or timber) dependent on size and age. Instructor's discretion.	
<b>TERMINOLOGY</b>	Block	<i>Makki</i>
	Low Block	<i>Arae Makki</i>
	Middle Block	<i>Momtong Makki</i>
	Head Block	<i>Eolgool Makki</i>
	Front Punch	<i>Ap Jireugi</i>
	Reverse Punch	<i>Bandae Jireugi</i>

- Our club is a member of the British Taekwondo Control Board (BTCB) which is part of the World Taekwondo Federation (WTF).
- The President of the WTF is Dr Choue Chong-Won.
- The WTF headquarters are situated in Seoul, Korea.

These are the minimum recommendations for 7th Kup by the BTCB Technical Committee.



## 7TH KUP-6TH KUP

<b>TRAINING PERIOD</b>	Minimum 3 months from 7th kup (Instructor's discretion)	
<b>STANDARD</b>	Students should perform techniques correctly with some power and accuracy. There should be few errors in the patterns.	
<b>POOMSAE</b>	Tae Geuk 3 (Sam Jang): Fire and Sun Tae Geuk 2 (Ee Jang): Joyfulness Tae Geuk 1 (Il Jang): Heaven and Light	
<b>BASICS</b>	<b>Stances</b>	Attention; ready; walking; back; long; horse riding and as previous
	<b>Blocks</b>	Cross low, cross high, twin knife hand middle and low and as previous
	<b>Strikes</b>	Spear finger thrust, knife hand strike (inside and outside), palm heel and as previous; combinations of simultaneous blocking and striking
	<b>Kicking</b>	Step-through turning kick and side kick, skipping half turning kick, and as previous
<b>SPARRING</b>	<b>One-for-one kicking</b>	Combination of all previous kicks; no contact
	<b>Three-step sparring</b>	Instructor's choice
	<b>Free sparring</b>	No contact, light ('touch') contact or full contact, at instructor's discretion
<b>SELF-DEFENCE</b>	Locks, releases and throws; close-quarter techniques; attacks and counterattacks to vital or sensitive points	
<b>BREAKING</b>	16 years and above, elbow, sidekick, front kick and palm heel (½-1 inch; plastic or timber) dependent on size and age. Instructor's discretion.	
<b>TERMINOLOGY</b>	Kick	<i>Chagi</i>
	Front Kick	<i>Ap Chagi</i>
	Side kick	<i>Yeop Chagi</i>
	Half Turning Kick	<i>Bit Chagi</i>
	Front Rising Kick	<i>Ap Cha Olligi</i>
	Twin Knife-hand Guarding Block	<i>Sonnal Momtong Bakkat Makki</i>
	Arm	<i>Pal</i>
	Hand	<i>Son</i>
	Leg	<i>Dari</i>
	Foot	<i>Bal</i>
	<b>Tenets of taekwondo</b>	Etiquette, Modesty, Perseverance, Self-control, Indomitable Spirit

These are the minimum recommendations for 6th Kup by the BTCB Technical Committee.





## 6TH KUP-5TH KUP

<b>TRAINING PERIOD</b>	Minimum 3 months from 6th kup (Instructor's discretion)	
<b>STANDARD</b>	Students should perform techniques correctly with moderate power and good accuracy. There should be no significant errors in the patterns and good balance in sparring. Sparring must show good control.	
<b>POOMSAE</b>	Tae Geuk 4 (Sah Jang): Thunder Plus any 2 previous patterns	
<b>BASICS</b>	<b>Stances</b>	Crane, tiger and as previous
	<b>Blocks</b>	Combination of knife-hand and fist in all stances and as previous
	<b>Strikes</b>	Hammer-fist, all previous in 360° techniques and as previous
	<b>Kicking</b>	360° half turning kick, 360° crescent kick, hook kick and as previous
<b>SPARRING</b>	<b>One-for-one kicking</b>	Combination of all previous kicks, touch contact; body protectors to be worn
	<b>One-step sparring</b>	Five techniques; instructor's choice; no takedowns; body protectors to be worn
	<b>Free sparring</b>	No contact, light ('touch') contact or full contact, at instructor's discretion
<b>SELF-DEFENCE</b>	Locks, releases and throws; close-quarter techniques; attacks and counterattacks to vital or sensitive points	
<b>BREAKING</b>	16 years and above; elbow, sidekick, front kick and palm heel (½-1 inch; plastic or timber) dependent on size and age. Instructor's discretion.	
<b>TERMINOLOGY</b>	Turning Kick	<i>Dollyo Chagi</i>
	Easy Stance	<i>Pyeonhi Seogi</i>
	Attention Stance	<i>Charyot Seogi</i>
	Parallel Ready Stance	<i>Naranhi Seogi</i>
	Left	<i>Wen</i>
	Right	<i>Oreun</i>
	Fist	<i>Joomeok</i>
	Knife-hand	<i>Sonnal</i>
	<b>Taekwondo Oath</b>	
	I do solemnly promise to	
	<ul style="list-style-type: none"><li>• abide by the rules and regulations of the Taekwondo association</li><li>• strive always to be modest, courteous and respectful to all members in particular to my seniors</li><li>• put the art to use only in self-defence or in defence of the weak.</li></ul>	

These are the minimum recommendations for 5th Kup by the BTCB Technical Committee.



## 5TH KUP-4TH KUP

<b>TRAINING PERIOD</b>	Minimum 3 months from 5th kup (Instructor's discretion)	
<b>STANDARD</b>	Students should show power, accuracy, balance and some fluidity of movement. There should be no (or insignificant) errors in the patterns and good balance in sparring. Sparring must show good control.	
<b>POOMSAE</b>	Tae Geuk 5 (Oh Jang): Wind Plus any 2 previous patterns	
<b>BASICS</b>	<b>Stances</b>	Cross stance and as previous
	<b>Blocks</b>	Reverse 360° techniques of all previous
	<b>Strikes</b>	All previous into multiple combinations and as previous
	<b>Kicking</b>	360° hooking kick, 360° back kick, jumping front kick, for height and distance, jumping turning kick and as previous
<b>SPARRING</b>	<b>One-for-one kicking</b>	Jumping kicks and as previous
	<b>One-step sparring</b>	As previous
	<b>Free sparring</b>	As previous
<b>SELF-DEFENCE</b>	Locks, releases and throws; close-quarter techniques; attacks and counterattacks to vital or sensitive points	
<b>BREAKING</b>	16 years and above Jumping front kick, jumping turning kick and as previous	
<b>TERMINOLOGY</b>	Punch	<i>Jireugi</i>
	Back Kick	<i>Dwi Chagi</i>
	Thrust	<i>Chireugi</i>
	Axe Kick	<i>Chiko Chagi</i>
	Strike	<i>Chigi</i>
	Knife-hand Strike	<i>Sonnal Chigi</i>
	Elbow	<i>Palkoop</i>
	Forearm	<i>Palmok</i>
	Palm	<i>Batang Son</i>

These are the minimum recommendations for 4th Kup by the BTCB Technical Committee.



## 4TH KUP-3RD KUP

<b>TRAINING PERIOD</b>	Minimum 3 months from 4th kup (Instructor's discretion)	
<b>STANDARD</b>	Students should show power, accuracy, balance and some fluidity of movement. There should be no (or insignificant) errors in the patterns and good control of balance in sparring. Sparring must be dynamic but show good control and combinations of techniques.	
<b>POOMSAE</b>	Tae Geuk 6 (Ryuk Jang): Water Plus any 2 previous patterns	
<b>BASICS</b>	<b>Stances</b>	As previous
	<b>Blocks</b>	Scissor block and as previous
	<b>Strikes</b>	As previous
	<b>Kicking</b>	Combination of jumps, including double techniques, and as previous
<b>SPARRING</b>	<b>One-for-one kicking</b>	As previous
	<b>One-step sparring</b>	As previous
	<b>Free sparring</b>	As previous
<b>SELF-DEFENCE</b>	Locks, releases and throws; close-quarter techniques; attacks and counterattacks to vital or sensitive points	
<b>BREAKING</b>	As previous	
<b>TERMINOLOGY</b>	Back-fist	<i>Deung Joomeok</i>
	Hammer-fist	<i>Mee Joomeok</i>
	Pushing Kick	<i>Miro Chagi</i>
	Back Side Kick	<i>Dwi Dolla Yeop Chagi</i>
	Ridge-hand	<i>Sonnal Deung</i>
	Cross Stance	<i>Koa Seogi</i>
	Side Punch	<i>Yeop Jireugi</i>
	Hook (turning) punch	<i>Dollyo Jireugi</i>

These are the minimum recommendations for 3rd Kup by the BTCB Technical Committee.



## 3RD KUP-2ND KUP

<b>TRAINING PERIOD</b>	Minimum 3 months from 3rd kup (Instructor's discretion)	
<b>STANDARD</b>	Students should show a high degree of power, accuracy, balance and fluidity of movement. There should be no major errors in the patterns. Sparring should suggest that the student is a confident, competent and controlled fighter. Those who show lack of concern for their partner's welfare in sparring or self defence will fail.	
<b>POOMSAE</b>	Tae Geuk 7 (Chil Jang): Mountain Plus any 2 previous patterns	
<b>BASICS</b>	<b>Stances</b>	As previous
	<b>Blocks</b>	As previous
	<b>Strikes</b>	As previous
	<b>Kicking</b>	Combination of jumps, including double techniques and as previous
<b>SPARRING</b>	<b>One-for-one kicking</b>	As previous
	<b>One-step sparring</b>	As previous
	<b>Free sparring</b>	As previous
<b>SELF-DEFENCE</b>	Locks, releases and throws; close-quarter techniques; attacks and counterattacks to vital or sensitive points	
<b>BREAKING</b>	As previous	
<b>TERMINOLOGY</b>	Tiger Stance	<i>Beom Seogi</i>
	Twisting Kick	<i>Biteureo Chagi</i>
	Guarding Block	<i>Geodeureo Makki</i>
	Cross Block	<i>Eotgeureo Makki</i>
	Ball Of Foot	<i>Apchook</i>
	Knife Of Foot	<i>Balnal</i>

These are the minimum recommendations for 2nd Kup by the BTCB Technical Committee.



## 2ND KUP-1ST KUP

<b>TRAINING PERIOD</b>	Minimum 6 months from 2nd kup (Instructor's discretion)	
<b>STANDARD</b>	Students should show a high degree of competence in all areas. Patterns must be performed well, with confidence, power and accuracy. (It is not enough for students at this stage merely to know the moves. They must be thoroughly familiar with the patterns.) Sparring should suggest that the student is a confident and competent fighter.	
<b>POOMSAE</b>	Tae Geuk 8 (Pal Jang): Earth Plus any 2 previous patterns	
<b>BASICS</b>	<b>Stances</b>	As previous
	<b>Blocks</b>	As previous
	<b>Strikes</b>	As previous
	<b>Kicking</b>	As previous
<b>SPARRING</b>	<b>One-for-one kicking</b>	As previous
	<b>One-step sparring</b>	As previous
	<b>Free sparring</b>	As previous
<b>SELF-DEFENCE</b>	Locks, releases and throws; close-quarter techniques; attacks and counterattacks to vital or sensitive points	
<b>BREAKING</b>	As previous	
<b>TERMINOLOGY</b>	Crane Stance	<i>Haktari Seogi</i>
	Scissor Block	<i>Gawi Makki</i>
	Wedging Block	<i>Hechyo Makki</i>
	Jumping Front Kick	<i>Twieo Ap Chagi</i>
	Jumping Side Kick	<i>Twieo Yeop Chagi</i>
	Jumping Turning Kick	<i>Twieo Dollyo Chagi</i>

These are the minimum recommendations for 1st Kup by the BTCB Technical Committee.



# DAN & POOM SYLLABUS



## 1ST KUP-1ST DAN/POOM

<b>TRAINING PERIOD</b>	Six months from 1st kup. To be recommended by BTCB instructor (4th dan or above) or by written confirmation from BTCB Executive Committee.
<b>STANDARD</b>	Candidates must good technical ability in all areas of taekwondo. Technical errors in performance should be rare.
<b>TECHNICAL SEMINAR</b>	Candidate to have attended at least one seminar held by BTCB technical team.
<b>POOMSAE</b>	<b>Up to Koryo</b> <b>Choice of two by grading panel.</b> Start and finish on same spot. Hit your targets. Use two hands to block and strike. Show speed, control, flexibility, balance and concentration of spirit.
<b>BASICS</b>	<b>Various kicking, blocking and punching techniques, to be chosen by the panel.</b> Use two hands when blocking and striking. All kicks, strikes and blocks should follow the correct route to target and hit with the correct part of the hand or foot. Your standing foot/feet must be correct.
<b>SPARRING</b>	<b>One-for-one sparring</b> Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to relevant targets. <b>One-step sparring</b> Exhibit varied techniques. <i>No take-downs.</i> The attacker punches at the nose with meaning. The defender must move, block and counter doing the same techniques on both sides using good basics as above. To start, the attacker kihaps, then the defender. At this point the attack begins. The only kihaps from then on are as the defender strikes. <b>Free sparring</b> Wearing full protective equipment, exhibit scoring techniques, with controlled light contact and speed. The aim is to show your ability to attack and defend using different heights and techniques. An understanding of current sports fighting techniques is essential.
<b>SELF-DEFENCE</b>	<b>Releases from hand and collar grabs</b> This should include locks and strikes to stop your opponent. You may offer the part you wish to be grabbed but must deal with it quickly.
<b>POWER TEST</b>	<b>Senior:</b> Side kick ; 1 inch. The aim is to show proper control of your kicking foot (hitting with the knife edge), standing foot, balance and distance. Technique must demonstrate knife edge of the kicking foot. <b>Junior (i.e., under 16 years)</b> Extra (minimum further two minutes) sports-style free sparring. The sparring must demonstrate dynamic, effective techniques.

These are the minimum recommendations of the BTCB Technical Committee for 1st dan/poom.



## 1ST DAN/POOM-2ND DAN/POOM

<b>TRAINING PERIOD</b>	One year from 1st dan/poom. To be recommended by BTCB instructor (4th dan or above) or by written confirmation from BTCB Executive Committee.	
<b>STANDARD</b>	Candidates must show confidence and good technical ability in all areas of taekwondo. There should be no serious technical errors and no hesitation or uncertainty in performance of techniques. Candidates should show initiative in practising combination techniques.	
<b>TECHNICAL SEMINAR</b>	Candidate to have attended at least one seminar held by BTCB technical team since their last dan grading.	
<b>POOMSAE</b>	<b>Up to Keum Gang</b> <b>Choice of two by grading panel.</b>	Start and finish on same spot. Hit your targets. Use two hands to block and strike. Show speed, control, flexibility, balance and concentration of spirit.
<b>BASICS</b>	<b>Various jumping techniques, chosen by the grading panel.</b>	Jumping as high as possible. Kick at the height of the jump, as if you were breaking.
<b>SPARRING</b>	<b>One-for-one sparring</b> <b>One-step sparring</b> <b>Free sparring</b>	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to relevant targets. Exhibit varied techniques including take-downs. The attacker punches at the nose with meaning. The defender must move, block and counter, doing different techniques on each side (left and right) using good basics as above. To start, the attacker kihaps, then the defender. At this point the attack begins. The only kihaps from then on are as the defender strikes. Wearing full protective equipment, exhibit scoring techniques, with controlled light contact and speed. The aim is to show your ability to attack and defend using different heights and techniques. An understanding of current sports fighting techniques is essential.
<b>SELF-DEFENCE</b>	<b>Releases from hand and collar grabs and bear hug</b>	Attack from front and rear This should include locks and strikes to stop your opponent. The attacker decides what and where to grab.
<b>POWER TEST</b>	<b>Senior</b> <b>Junior</b> (i.e., under 16 years)	<b>Candidate's choice of two techniques (hand or foot); 1 inch for each break</b> The aim is to show proper control of your striking weapon (hitting with the appropriate part of the hand or foot), proper standing foot positions, balance and distance, as well as moving quickly between both techniques. Extra (minimum further two minutes) sports-style free sparring. The sparring must demonstrate dynamic, effective techniques.

These are the minimum recommendations of the BTCB Technical Committee for 2nd dan/poom.





## 2ND DAN/POOM-3RD DAN/POOM

<b>TRAINING PERIOD</b>	Two years from 2nd dan/poom. To be recommended by BTCB instructor (4th dan or above) or by written confirmation from BTCB Executive Committee.	
<b>STANDARD</b>	Candidates must show confidence, good technical ability and understanding of the mechanical principles in all areas of taekwondo. Performance in all areas must be dynamic and must show fluidity, variety and imagination	
<b>TECHNICAL SEMINAR</b>	Candidate to have attended at least one seminar held by BTCB technical team since their last dan grading.	
<b>POOMSAE</b>	<b>Up to Tae Baek</b> <b>Choice of two by grading panel.</b>	Start and finish on same spot. Hit your targets. Use two hands to block and strike. Show speed, control, flexibility, balance and concentration of spirit.
<b>SPARRING</b>	<b>One-for-one sparring</b>  <b>One-step sparring</b>  <b>Free sparring</b>	Performed on the spot, exhibiting varied techniques and speed. All techniques should be applied to relevant targets. Exhibit varied techniques including take-downs. The attacker punches at the nose with meaning. The defender must move, block and counter with different techniques on each side (left and right) and using good basics as above. To start, the attacker kihaps, then the defender. At this point the attack begins. The only kihaps from then on are as the defender strikes. Wearing full protective equipment, exhibit scoring techniques, with controlled light contact and speed. 2 minutes duration, with change of partner for a further 2 minutes. The aim is to show your ability to attack and defend using different heights and techniques. An understanding of current sports fighting techniques is essential.
<b>SELF-DEFENCE</b>	<b>Against knife attack</b>	Thrust, slash and down stroke, right and left hand. Attacker must be disarmed. The aim is to show control of the knife by means of blocks, locks, strikes and take-downs
<b>POWER TEST</b>	<b>Senior</b>  <b>Junior</b> (i.e., under 16 years)	<b>Candidate's choice of two two-directional techniques (hand or foot); 1 inch for each break</b> The aim is to show proper control of your striking weapon (hitting with the appropriate part of the hand or foot), proper standing foot positions, balance and distance. as well as moving quickly between both techniques. Extra (minimum further two minutes) sports-style free sparring. The sparring must demonstrate dynamic, effective techniques.

These are the minimum recommendations of the BTCB Technical Committee for 3rd dan/poom.



## 3RD DAN/POOM-4TH DAN/POOM

<b>TRAINING PERIOD</b>	Three years from 3rd dan/poom. To be recommended by BTCB instructor (4th dan or above) or by written confirmation from BTCB Executive Committee.	
<b>STANDARD</b>	This rank allows the holder to be an examiner for kup grade students and carries with it the title of “ <i>Sabom</i> ” (“Instructor”). Therefore, besides good technical ability, candidates must demonstrate thorough understanding of the mechanics and applications of techniques.  At this level, candidates should be involved in teaching taekwondo (although it is not essential that they run their own schools).	
<b>TECHNICAL SEMINAR</b>	Candidate to have attended at least one seminar held by BTCB technical team since their last dan grading.	
<b>POOMSAE</b>	<b>Up to Pyong Won</b> <b>Choice of at least two by grading panel.</b>	Start and finish on same spot. Hit your targets. Use two hands to block and strike. Show speed, control, flexibility, balance and concentration of spirit.
<b>SPARRING</b>	<b>One-for-one sparring</b>  <b>One-step sparring</b>  <b>Free sparring</b>	Performed on the spot, exhibiting varied techniques and speed.  All techniques should be applied to relevant targets.  Exhibit varied techniques including take-downs.  The attacker punches at the nose with meaning. The defender must move, block and counter with different techniques on each side (left and right) and using good basics as above.  To start, the attacker kihaps, then the defender. At this point the attack begins. The only kihaps from then on are as the defender strikes.  Wearing full protective equipment, exhibit scoring techniques, with controlled light contact and speed. 2 minutes duration, with two changes of partner for a further 2 minutes each.  The aim is to show your ability to attack and defend using different heights and techniques. An understanding of current sports fighting techniques is essential.
<b>SELF-DEFENCE</b>	<b>Against knife attack</b>  <b>Against grabs</b>	Free style; thrust only. Attacker must be disarmed. The aim is to show control of the knife by means of blocks, locks, strikes and take-downs. Attacks are continuous.  Free style. Attacker must be taken down. Attacker has the choice of how and what to grab.
<b>POWER TEST</b>	<b>Jumping, two-directional;</b> <b>candidate’s choice;</b>	1 inch for each break  The aim is to show proper control of your striking weapon (hitting with the appropriate part of the hand or foot), proper standing and landing foot positions, balance and distance, moving quickly between both techniques.

These are the minimum recommendations of the BTCB Technical Committee for 4th dan/poom.



## 4TH DAN/POOM-5TH DAN

<b>TRAINING PERIOD</b>	Four years from 4th dan/poom. To be recommended by BTCB instructor (5th dan or above) or by written confirmation from BTCB Executive Committee.	
<b>STANDARD</b>	This rank confers the title of “ <i>Master</i> ”, which carries with it a certain amount of prestige and responsibility in the eyes of both the public and the taekwondo community. It therefore involves more than technical ability. Candidates must therefore display a dignified, mature attitude in their personal behaviour and technical performance. Candidates should also be actively and constructively contributing to the development of taekwondo within the BTCB	
<b>THESIS</b>	A 10-page, 2000-word thesis is to be submitted for consideration by the BTCB Candidates may choose any taekwondo-related subject, in relation to any physical, mental or scientific aspect.	
<b>TECHNICAL SEMINAR</b>	Candidate to have attended at least one seminar held by BTCB technical team since their last dan grading.	
<b>POOMSAE</b>	<b>Up to Sip Jin</b> <b>Choice of at least two by grading panel.</b>	Start and finish on same spot. Hit your targets. Use two hands to block and strike. Show speed, control, flexibility, balance and concentration of spirit.
<b>SPARRING</b>	<b>One-step sparring</b>  <b>Free sparring</b>	Exhibit varied techniques including take-downs. The attacker punches at the nose with meaning. The defender must move, block and counter with different techniques on each side (left and right) and using good basics as above. To start, the attacker kihaps, then the defender. At this point the attack begins. The only kihaps from then on are as the defender strikes. Wearing full protective equipment, exhibit scoring techniques, with controlled light contact and speed. 2 minutes duration. The aim is to show your ability to attack and defend using different heights and techniques. An understanding of current sports fighting techniques is essential.
<b>SELF-DEFENCE</b>	<b>Against knife attack</b>  <b>Against grabs</b>	Free style; thrust only. Attacker must be disarmed. The aim is to show control of the knife by means of blocks, locks, strikes and take-downs. Attacks are continuous. Free style. Attacker must be taken down. Attacker has the choice of how and what to grab.
<b>POWER TEST</b>	<b>Three-directional; candidate’s choice</b>	1 inch. The aim is to show proper control of your kicking foot or hand, standing foot, balance and distance.

These are the minimum recommendations of the BTCB Technical Committee for 5th dan.



## 5TH DAN-6TH DAN

<b>TRAINING PERIOD</b>	Five years from 5th dan. To recommended by BTCB instructor (6th Dan or above), BTCB Technical Director or BTCB Executive Committee.	
<b>STANDARD</b>	Due to the responsibility that this position imposes on a successful candidate, the candidate must submit a written statement that details their personal future ambitions within the BTCB and the WTF.  The statement should demonstrate the practical ability, philosophical ideals, commitment and dedication that is expected of such a position. It will include a national and international dimension within the context of furthering WTF taekwondo for and on behalf of the BTCB and will consist of at least four A4 pages, equating to approximately 800 words.	
<b>THESIS</b>	A thesis is to be submitted to the Kukkiwon for their approval. Details are the same as for 5th dan.	
<b>TECHNICAL SEMINAR</b>	Candidate to have attended at least one seminar held by BTCB technical team since their last dan grading.	
<b>POOMSAE</b>	<b>Up to Ji Tae</b> <b>Choice of at least two by grading panel.</b>	Start and finish on same spot. Hit your targets. Use two hands to block and strike. Show speed, control, flexibility, balance and concentration of spirit.
<b>SPARRING</b>	<b>One-step sparring</b>	Exhibit varied techniques including take-downs.  The attacker punches at the nose with meaning. The defender must move, block and counter with different techniques on each side (left and right) and using good basics as above.  To start, the attacker kihaps, then the defender. At this point the attack begins. The only kihaps from then on are as the defender strikes.
<b>SELF-DEFENCE</b>	<b>Against knife attack</b>  <b>Against grabs</b>	Free style; thrust only. Attacker must be disarmed. The aim is to show control of the knife by means of blocks, locks, strikes and take-downs. Attacks are continuous.  Free style. Attacker must be taken down. Attacker has the choice of how and what to grab.
<b>POWER TEST</b>	<b>Three-directional; candidate's choice</b>	1 inch  The aim is to show proper control of your kicking foot or hand, standing foot, balance and distance.

These are the minimum recommendations of the BTCB Technical Committee for 6th dan.



## 6TH DAN-7TH DAN

<b>TRAINING PERIOD</b>	Six years from 6th dan. To recommended by BTCB Technical Director or BTCB Executive Committee.
<b>STANDARD</b>	<p>Due to the high status and responsibility that this position imposes on a successful candidate, the candidate must submit a written statement that details their personal future ambitions within the BTCB and the WTF. The statement should clearly demonstrate the practical ability, philosophical ideals, commitment and dedication that is expected of such a position. It will include a national and international dimension within the context of furthering WTF taekwondo for and on behalf of the BTCB.</p> <p>A successful candidate will be expected to contribute towards these aims in a formal or official capacity within the BTCB and/or other international body, such as the WTF or the ETU. The statement should reflect the candidate's plans or ambitions for this and will consist of at least four A4 pages, equating to approximately 800 words.</p>
<b>TECHNICAL SEMINAR</b>	Candidate to have attended at least one seminar held by BTCB technical team since their last dan grading.
<b>POOMSAE</b>	<p><b>Up to Chong Kwon</b> Start and finish on same spot. Hit your targets. Use two hands to block and strike. Show speed, control, flexibility, balance and concentration of spirit.</p> <p><b>Choice of at least two by grading panel.</b></p>
<b>SPARRING</b>	<p><b>One-step sparring</b> Exhibit varied techniques including take-downs.</p> <p>The attacker punches at the nose with meaning. The defender must move, block and counter with different techniques on each side (left and right) and using good basics as above.</p> <p>To start, the attacker kihaps, then the defender. At this point the attack begins. The only kihaps from then on are as the defender strikes.</p>
<b>SELF-DEFENCE</b>	<p><b>Against knife attack</b> Free style; thrust only. Attacker must be disarmed. The aim is to show control of the knife by means of blocks, locks, strikes and take-downs. Attacks are continuous.</p> <p><b>Against grabs</b> Free style. Attacker must be taken down. Attacker has the choice of how and what to grab.</p> <p><b>Seated self-defence</b> While seated, defend against hand, knife and baton attacks from a seated opponent. Defender must remain seated.</p> <p>While seated, defend against hand, knife and baton attacks from a standing opponent. Defender must remain seated.</p>
<b>POWER TEST</b>	<p><b>Power break (2 inch); candidate's choice</b> The aim is to show proper control of your kicking foot or hand, standing foot, balance and distance.</p>

These are the minimum recommendations of the BTCB Technical Committee for 7th dan.



## AMENDMENTS & ADDITIONS

5<sup>th</sup> January 2011

(Changes in italics)

<b>1st to 4th Poom/Dan</b>	Juniors (under 16 years) Power test	Extra (minimum further two minutes) sports-style free sparring. The sparring must demonstrate dynamic, effective techniques.
<b>2nd Dan/Poom</b>	One-step sparring  Power test	The attacker punches at the nose with meaning. The defender must move, block and counter, <i>doing different techniques on each side (left and right)</i> using good basics as above.  <i>Candidate's choice of two techniques (hand or foot)</i>
<b>3rd Dan/Poom</b>	Power test	Two-directional; candidate's choice; <i>hand or foot</i>
<b>7th Dan</b>	Seated self-defence	<i>Defender must remain seated.</i>