TAEKWONDO DAN GRADING
OFFICIAL GRADING SYLLABUS &
CANDIDATE REQUIREMENTS

1. GRADING INFORMATION

Saturday – Pre-Grading Seminar
Minimum 2 hours
Attendance is strongly recommended but not compulsory.
Seminar fee will be included in applicants grading fees.

Sunday – Official Grading Examination
Closed grading: Only candidates, coaches and authorised officials permitted during the grading. Family members may be permitted at the end of the day to witness the results. However, this is at the discretion of the grading panel.

Official Grading Panel:
Grandmaster Ansar Mahmood
Grandmaster Derek Sumner
Master Billy Webb
Master Taylor Parkins
Master Simon Anderson

Grading Co-Ordinator: Master Kiraleigh Duhan

Guest Masters may provide constructive feedback but will not award marks.

Two designated Safeguarding Officers will be present, representing Livingwell and Il-Shim

Additional Requirements:
Candidates with disabilities must submit a covering letter and consent to its contents being shared with the grading panel.

Poom candidates may participate in wood breaking with parental/guardian consent.

2. 1st Kup to 1st Dan & 1st Dan to 2nd Kup

Stage 1 – Technical Assessement

Basic Techniques
Stationary and moving techniques
Kicks, stances, blocks and strikes
Techniques may be selected from recognised patterns

Poomsae
Compulsory pattern for the grade attempted
One pattern of the candidate's choice
Additional patterns selected randomly by the panel#7

Stage 2 – Sparring & Self-Defence

Sparring
Full Protective Equipment must be worn
2 minutes: One-for-one, non contact sparring incorporating jumping techniques
2x 1 minute rounds of free sparring

One-step Sparring
Minimum 10 different techniques, demonstrated on both left and right sides
1st Kup – 1st Dan No takedowns
1st Dan – 2nd Dan Takedowns optional

Self-defence
Releases from grabs and holds
Candidate's choice of techniques
Arm and shin guards removed
Partner changes at the candidate's pace.

Destruction
Left and right side-kick breaking

Fitness Assessment
100 push-ups
100 sit-ups
100 squats
The assessment is timed and candidates will be encouraged to complete all exercises.

3. 2nd Dan to 3rd Dan

All previous grading requirements apply with the following additional expectations

Technical Assessment: More advanced kicking and striking combinations

Sparring & Self-Defence: One-step sparring incorporating takedowns

Advanced self-defence techniques

Knife-defence against middle-level attacks, including disarming techniques.

Destruction: Three-board synchronised breaking, incorporating at least one kicking technique

Jumping breaks using thinner boards above head height##

Power-breaking – minimum 1-inch board thickness

4. 3rd Dan to 4th Dan & 4th Dan and above

   Candidates must demonstrate advanced proficiency in all preceding syllabus requirements

   Additional Requirements:

   Advanced technical combinations and Poomsae

   Advanced one-step sparring, takedowns and self-defence

   Freestyle knife-defence against middle-level thrusts only

   Advanced destruction techniques

   Written Submission:

   All candidates attempting 4th Poom/Dan or above must submit one A4 page covering

   A brief history of their Taekwondo journey

   Their future aspirations and goals within Taekwondo

<u>GENERAL GRADING EXPECTATIONS</u>

Candidates are expected to demonstrate:

Technical accuracy, control and balance

Appropriate power, speed and coordination

Knowledge and understanding of their syllabus

Effective self-defence and sparring skills

Physical fitness, determination and perseverance

Respect, discipline and appropriate Taekwondo etiquette

All grading assessments will be conducted under the supervision of the official grading panel