IRISH TAEKWON-DO ASSOCIATION

Black Belt Testing

(Last updated August 2026)

Important Notes:

- The Black Belt Testing is divided into the following sections; *Physical Competency, Fundamental Movements, Patterns, Step-Sparring, Free Sparring, Self Defence, Special Technique, Power Test and Theory.*
- Candidates will be assessed in groups. The groups will perform in rotation in front of the main panel for all sections except for Special Technique, Power Test and Theory. A separate examiners panel will test these sections in rotation throughout the day.
- For Step-Sparring, Special Technique and Power Test, candidates will be marked based on their strongest two of the three sections. Candidates may choose to perform all three sections or to perform two out of the three sections of their choice.
- All candidates must pass the patterns section to be successful.
- Failing 3 sections will result in a partial pass, whereby the candidate will not be promoted, but will re-test those failed sections at a black belt test within the subsequent 12 months. Those unsuccessful in a repeat test will be required to repeat the full exam.
- Failing 4 or more sections will result in a full re-test
- All candidates must have passed a preliminary black belt test in their region to apply for the black belt testing.
- Only those candidates who have sent the ITA Secretary General (sryan@taekwondo.ie) completed application forms (signed by Instructor), passport style photo, have all fees paid and meet the requirements to test according to the ITF and ITA bylaws may present for the black belt testing. More information can be found on the ITA website at https://www.taekwondo.ie/blackbelt-grading
- Any issues that are relevant to the performance of a candidate and their subsequent grading result must be presented in writing with the grading application (e.g. medical, physical, psychological), a doctor's note to accompany where appropriate. These items will be discussed, initially by the technical director, with the instructor of the candidates and subsequently with the panels in advance of the test. All such information will be treated with discretion and in confidence.
- At the end of the black belt test the panel will take 15 minutes to complete an independent review of the results of each candidate they have tested that day. Any modifications they feel necessary will be done at that time. The panel will compile a list of their results and give them to the technical director. The decision of the panels will be final; however the technical director may query or review results before they are announced. Following the handover of results to the technical director other examiners present at the test and the instructor of the candidate(s) will be informed of the list of those who are successful, unsuccessful or have a partial pass before they are publicly announced.

Physical Competence

At the beginning of the grading all candidates must perform the following physical test:

- 10 second Yop Cha Jirugi (Side Piercing Kick) hold on each leg (candidate may start at the wall to achieve an optimum position and then balance free from the wall)
- 20 Yop Cha Jirugi each leg (front leg) into shield
- 25 push ups
- 15 Burpees

Gibon Yonsup (Fundamental Movements)

The grading narrator will call hand techniques; the techniques *may* be called in a different order for each group.

Each technique will be performed a number of times to allow the candidate to perform with maximum effort and allow the examiner time to accurately grade the performance. The narrator may ask the candidate to come to a different ready posture to accommodate the transition from one set of techniques to the next.

1st Kup testing for 1st Degree

1. **Stepping forwards; Naeryo Chagi from back leg, Yop Cha Jirugi, Gojung so Digutcha Makgi/** downward kick from back leg, side piercing kick (with same leg) stepping forward into fixed stance, U-shaped block.

2. **Stepping backwards/forwards; Gunnun so Kaunde Ap cha Busuigi, Kaunde Baro Ap Joomok Jirugi & Kaunde Bandae Jirugi Barun Tongjak. /** Walking stance middle front snap kick, obverse, reverse middle front punch in fast motion.*(kick with the front leg for backward stepping or kick from the back leg for forward stepping)*

3. **Stepping forwards; Bandae Dollyo Chagi, Annun so Kaunde Sonkal Yop Taerigi, Balbgi Tongjak/** reverse turning kick, sitting stance middle knifehand side strike performed with stamping motion.
   a, Dwiro Tora (turn about)

4. **Stepping backwards/forwards; I-jung Yop Cha Jirugi, Niunja so Kaunde Sonkal Daebi Makgi./** Double side piercing kick, step into l-stance performing middle knifehand guarding block. *(kick with the front leg for backward stepping or kick from the back leg for forward stepping)*

5. **Stepping backwards/forwards; Gunnun so Kyocha Joomok Noollo Makgi, Sang Joomuk Sewo Jirugi, Yonsok Tongjak/** walking stance x-fist pressing block, vertical punch with twin fist performed with continuous motion.

6. **Stepping forwards/backwards; Niunja So Ollyo Jirugi, Nachuo So Sonbadak Noollo Makgi, Neurin Tongjak;** l-stance upward punch, slipping the front foot to form low stance palm pressing block, slow motion.

7. **Kicking from the back leg and moving forward, Yop Cha Jirugi, bandae dollyo goro chagi, Twigi Kyocha so Nopunde Dung Joomok Yop Taerigi /** side piercing kick, reverse hooking kick and jump forward into x-stance with a high side strike with the back fist.
   (Return to L-Stance Guarding block position)

8. **Kicking forwards; Dollyo Chagi, Twio Dolmyo Yop Dollyo Chagi (360^0), Niunja so Kaunde Bakat Palmok Daebi Makgi/** turning kick, place the foot forward - jumping 360^0 turning kick, l-stance middle forearm guarding block.

1st Degree testing for 2nd Degree

1. **Stepping to the left first and then the right: Gunnun So, Kaunde Doo Palmok Makgi, Gunnun so Najunde Bakat Palmok Bandae Makgi Annun So Dung Joomok Ap Taerigi.** Walking Stance middle double forearm block, maintaining the stance execute Low outer forearm reverse block (as in movement 25 & 29 of Gwang Gae), pivot to form a sitting stance execute a front strike with the backfist.

2. **Stepping forward: Najunde Bituro Chagi, Gunnun so Ap Palkup Bandae Taerigi.** Low twisting kick step forwards into walking stance executing a front reverse elbow strike.
   A, Dwiro Toro (turn about)

3. **Stepping forwards (from the back leg): Yop Cha Jirugi followed by Naeryo Chagi, Dwitbal so Nopunde Sonkal Daebi Makgi/** side piercing kick, downward kick, step into rear foot stance high knifehand guarding block.

4. **Stepping backwards/forwards: Yop Dollyo Chagi, Bandae Dollyo Goro Chagi, Yop Cha Jirugi, Niunja so Kaunde Sonkal Daebi Makgi/** side turning kick (front leg), reverse hooking kick, side piercing kick (consecutive) step into L-stance middle knifehand guarding block.

5. **Stepping forwards/backwards: Gunnun So Nopunde Doobandalson Makgi, Waebal Sogi, Noollo Chagi, Niunja So Anuro Sonkal Taerigi/** Walking stance high double arc-hand block, pull the front foot to the knee while lifting the hands into one leg stance, execute a pressing kick and place the foot into L-stance execute an inward strike with the knife hand.

6. **Stepping forwards: Gunnan so Ibo Omgyo Didigi, Nopunde Sonbadak Golcho Makgi, Nacho so Nopunde Opun Sonkut Bandae Tulgi/** Walking Stance double stepping high obverse hooking block, step back to form low stance and execute high reverse flat fingertip thrust.
   A, Dwiro Tora (turn about)

7. **Jumping forwards: Kyocha so Doo Palmok Nopunde Makgi, Twimyo Dwit cha Jiruigi, Gunnun so Kaunde Doo Palmok Makgi/** x stance, high double forearm block, execute flying back piercing kick, landing in walking stance middle double forearm block.
   A, Dwiro Tora (turn about)

8. **Jumping on the spot: Twimyo Bandae Dollyo Chagi (45 degree), Niunja so Najunde Sonkal Daebi Makgi/** jumping reverse turning kick at 45 degrees, land and execute low knifehand guarding block.

2nd Degree testing for 3rd Degree

1. **Stepping to the left first and then the right: Annun so, Nopunde Yop Sonkut Ghutgi, Gunnun so Nopun Palkup Taerigi/** sitting stance high side crosscut with the fingertip, pivot into walking stance and execute high elbow strike (as in Juche #8 - #9)

2. **Stepping forward: Bandae Dollyo Chagi Neurin Tongjak, Yop Cha Jirugi, Niunja so Kaunde Bandae Jirugi/** Reverse turning kick in slow motion, side piercing kick (consecutive), L-stance middle reverse punch.

3. **Stepping forwards/backwards: Gokaeng-I chagi, Yop cha Jirugi, Dwitbal so Sun Palkup Naeryo Tulgi/** (pick shaped kick, side piercing kick, rear foot stance and execute a downward thrust with a straight elbow *(kick with the front leg for backward stepping or kick from the back leg for forward stepping)*.

4. **Stepping forwards/backwards: Niunja so, Kyocha Sonkal Momchau Makgi, Yop Cha Jirugi (pulling hands in the opposite direction), Gunnun so Nopunde Bandalson Bandal Taerigi.** L-stance, x-knifehand checking block, pulling the hands in the opposite

direction while executing side piercing kick (front leg), step into walking stance high crescent strike with the arc-hand.

5. **Stepping backwards/forwards: Gunnan so, Ghutja Makgi, Niunja so Najunde Sonkal Dung Daebi Makgi, Gojung so Opun Sonkut yop Tulgi/**walking stance nine shape block, pull the foot to form L-stance low reverse knifehand guarding block and slip the front foot to form fixed stance execute side flat fingertip thrust.

6. **Stepping forwards/backwards: Golcho Chagi, Yop Cha Jirugi, gunnun so bandal bandae jirugi/** Hooking kick, side piercing kick, walking stance execute reverse crescent punch. *(kick with the front leg for backward stepping or kick from the back leg for forward stepping)*.

7. **Sliding backwards: Mikulmyo Niunja so Bakat Palmok Naeryo Makgi, Pihamyo Twimyo Bandae Dollyo Chagi, Dwitbal so Kaunde Bakat Palmok Daebi Makgi/** Sliding backwards L-stance outer forearm downward block, dodging flying reverse turning kick, rear foot stance middle outer forearm guarding block.
   A, Dwiro Toro (turn about)

8. **Forwards: Twio Dolmyo Yop Cha Jirugi (180 degrees), land and i-jung Yop Cha Jirugi, Niunja So Kaunde Bakat Palmok Daebi makgi/**mid-air side piercing kick 180 degrees, land execute double side piercing kick, L-stance middle outer forearm guarding block.

3rd Degree testing for 4th Degree

1. **Stepping forwards: Annun so Kaunde Sondung Soopyong Taerigi, Bandal Chagi (strike the palm), Yop Cha Jirugi, Gojung So Digutja Jirugi/** sitting stance execute middle horizontal strike with the backhand, crescent kick (striking the palm), side piercing kick (consecutive), fixed stance u-shape punch.
   A, Dwiro Tora (turn about)

2. **Stepping forwards: Annun so Bakat Palmok San Makgi (balbgi tongjak), Yop Cha Jirugi, Goro Dollyo Chagi, Annun so Ghutgi Makgi/** Sitting stance execute outer forearm W-shape block with stamping motion, form a guarding block and execute a side piercing kick, hooking kick (lead leg consecutive kick) and step down into sitting stance and execute a nine-shape block.

3. **Stepping forwards: Gunnan so, Sonkal San Makgi, Kaunde Ap Cha Busigi, Mikulmyo Niunja So Yop Palkup Tulgi/** walking stance, knifehand W-shape block, middle front snap kick (back leg) slide L-stance and execute a side thrust with the elbow.

4. **Jumping forwards: Kyocha So Nopunde Dung Joomok Yop Taerigi, Bandae Dollyo Goro Chagi, Niunja So Kaunde Sonkal Bakuro Taerigi (balbgi tongjak)** x-stance execute a high side strike with the back fist, reverse hooking kick, L-stance knifehand outward strike performed with stamping motion. (as in Choi- Yong #36 and #38)

   A, Dwiro Tora (turn about)

5. **Stepping forwards/backwards: Gunnun So Nopunde Doo Palmok Makgi, Kaunde Bituro Chagi, Dwibal So Nopunde Joongi Joomok Jirugi/** walking stance high double forearm block, middle twisting kick, rear foot stance execute a high punch with a middle knuckle fist.

6. **Stepping forwards: Bandae Dollyo Goro Chagi Neurin Tonjak, Yop Dollyo Chagi, Twigi Yop Cha Jirugi, Gunnun So Sang Sewo Jiruigi/** Reverse hooking kick performed in slow motion, side turning kick, jumping side piercing kick (consecutive), walking stance vertical punch with the twin fist.

7. **Jumping away: Pihamyo Twimyo Bandae Dollyo Chagi, Niunja So Nopunde Sonkal Dung Daebi Makgi/** Jumping reverse turning kick while dodging backwards), L-Stance high reverse knifehand guarding block.

8. **Stepping forwards: goboryo junbi sogi (B), Dwitcha Jirugi Neurin tongjak, Yop Cha Jirugi, Niunja so Dung Joomok Soopyong Taerigi (balbgi tongjak)/** bending ready stance B back piercing kick in slow motion, side piercing kick (consecutive kick), L-stance horizontal strike with the backfist with stamping motion.

4th Degree testing for 5th Degree

1. **Stepping to the left and then to the right: Annun so Kaunde Opun Sonkut Tulgi, Bandae Dollyo Goro Chagi Neurin Tongjak, Twigi Kyocha So Kaunde Sonkal Bakuro Taerigi, Gunnun So Sonbadak Ollyo Makgi Neurin Tongjak/** sitting stance execute a flat fingertip thrust, followed by a reverse hooking kick in slow motion, jumping into X-stance execute a middle outward knife hand strike, lower the foot to pivot forming a walking stance upward block with the palm in slow motion.

2. **Stepping forwards/backwards: Gunnan So Kyocha Joomuk Noolyo Makgi, Kyocha Sonkal Chookyo Makgi, Yonsok Tongjak, Nopunde Ghin Joomuk Bandae Jirugi/**walking stance x-fist pressing block x-knifehand rising block, continuous motion, execute a high reverse punch with a long fist.

3. **Stepping forwards/backwards: Gunnan so, Bakat Palmok Najunde Makgi & an Palmok Kaunde Bakuro Makgi, Sonkal Najunde Makgi & Sonkal Dung Kaunde Bakuro Makgi Yonsok Tongjak/** (Walking stance, outer forearm low reverse block block & inner forearm middle obverse outward block, (changing hands) knifehand low block & reverse knifehand middle outward block (continuous motion)

4. **Stepping backwards/forwards: Annun so Sonkal Dung San Makgi, Nopunde Anuro Sonkal Ap Taerigi**, **Twio Dolmyo Chagi (180°), Gunnun so Kaunde Doo Palmok Makgi/** Sitting stance reverse knifehand w-shape block, inward knifehand high front strike, (bringing the back hand in front of the forehead, while standing up) normal motion, mid-air kick 180°, walking stance execute a middle double forearm block.

   A, Dwiro Tora (turn about)

5. **Stepping forwards/backwards: Niunja So Kaunde Sonkal Daebi Makgi, Yop Momchau Chagi, Yopcha Tulgi, Niuinja so Kaunde Bakuro Sonkal Taerigi/** L-stance middle Knifehand Guarding Block, side checking kick, side thrusting kick (consecutive), L-stance execute middle knifehand outward strike.

6. **Jumping backwards: Twimyo Dwitcha Jirugi, land and perform Ijung Yop Cha Jirugi, Niunja So Bakat Palmok Kaunde Daebi Makgi.** Jumping back piercing kick, land and perform double side piercing kick, L-stance middle outer forearm guarding block.

7. **Jumping on the spot: Twimyo bandae Dollyo Goro Chagi, Yop Cha Jirugi, Gojung so Kyocha Sonkal Momchau Makgi.** Jumping reverse hooking kick, side piercing kick, fixed stance execute a X-knifehand checking block.

8. **Forwards: Niunja So Kaunde Bakat Palmok Daebi Makgi, Ibo Omgyo Didigi Nopunde bituro chagi, Gunnun So Nopunde Dung Joomok Yopap Bandae Taerigi.** L-stance middle Forearm Guarding Block execute a High twisting kick, (perform a double step before the kick) and step behind into a walking stance and execute a high side front reverse strike with the backfist.

   A, Dwiro Tora (turn about)

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5th degree testing for 6th Degree

1. **Stepping to the left first and then to the right: forming Sasun Sogi, Sang Sonbadak Noollo Makgi, adjusting the feet to form Gunnun So Kaunde Doo Bandalson Makgi/** Diagonal stance, twin palm pressing block, adjusting the feet to form walking stance middle double arc hand block.

2. **Double stepping backwards and then sliding forming Niunja So Sonbadak Naeryo Makgi, Yopap Cha Busigi, maintain stance and Jajunbal Nagagi, Kaunde Ap Joomuk Baro Jirugi**, L-stance palm downward block, execute a side front snap kick (lead leg), shift forward into L-stance performing middle forefist obverse punch.

3. **Stepping forward/backwards Gunnan So Soopyong Sang Sonkal Taerigi, Twimyo Ap Cha Busigi, Niunja So Najunde Sonkal Daebi Makgi/**walking stance horizontal strike with the twin knifehand, jumping forwards flying front snap kick, L-stance low knifehand guarding block
   A, Dwiro Tora (turn about)

4. **Jumping backwards, spinning 180 degrees, landing in Niunja So Kaunde Palmok Daebi Makgi** (L-stance middle forearm guarding block)

5. **Step forward, Suroh Chagi, Kaunde Bituro Chagi (Yonsok Chagi), Niunja So Kyocha Joomok Momchau Makgi/** Sweeping kick, middle twisting kick (consecutive Kick), L-stance and execute a X-fist checking block.
   A, Dwiro Tora (turn about)

6. **Sliding backwards Dwitbal So Nopunde Bakat Palmok Daebi Makgi, slip the front foot to Gunnun So Kaunde Sewo Bandae Jirugi** (rearfoot stance high outer forearm forearm guarding block, slip the front foot to form walking stance middle vertical punch, reverse side)

7. **Stepping forwards: Bandae Dollyo Goro Chagi Neurin Tongjak, Yop Dollyo Chagi, Yop Cha Jirugi, Niunja So Kaunde Bakat Palmok Daebi Makgi/** Reverse hooking kick in slow motion, side turning kick, side piercing kick, consecutive, L-stance middle forearm guarding block.

8. **Stepping forwards/backwards: Narani So Soopyong Sang Sonkal Taerigi, Yop Cha Jirugi & Yop Dollyo Chagi (Yonsok Chagi), Dwitbal So Nopunde Sonkal Dung Daebi Makgi/** parallel stance horizontal strike with the twin knifehand, execute side piercing kick & side turning kick (consecutive kick), rear foot stance high reverse knifehand guarding block.

Tul (Patterns)

A candidate may be asked to repeat a pattern up to a maximum of 3 performances, this can be done straight away, or they will have the option to do so at the end of the patterns section i.e. when the other candidates have finished their patterns performance. They may leave the floor to re-compose themselves if necessary. Candidates may be requested to repeat a pattern performance in the case of such things as major errors, forgetting a pattern etc.

1st Kup

Candidates will perform the pattern of their grade, plus three patterns designated by the narrator.

1st Degree & above

Each candidate will perform three patterns of their grade plus two patterns designated by the narrator (in the case of candidates for 6th Degree, two patterns of their grade and three other patterns).

Matsogi (Sparring)

The student testing may choose to bring a partner with them to the testing from their club/region with whom they have prepared 3, 2 & 1 step sparring as well as the self-defence section. The partner must present in full dobok and will only perform for the step sparring and self defense aspects of the grading.

Each group will perform 2 types of step sparring. Every group will be asked to perform 1 step sparring and either 2 step or 3 step sparring. However, the examiners, at their discretion may decide to see all types of step sparring.

For Dan grades the techniques used for defensive elements should show some grade specific technique as well as basic techniques

Those testing for 4th degree and above may be asked to teach some elements of step sparring to other candidates.

Guidelines on different elements of step sparring:

Sambo Matsogi (3 step sparring)

The candidates will demonstrate 3 step sparring and must include the following attacks, choosing the appropriate distance and defence for each, following the principles of 3 step sparring:

- Middle obverse punch.
- High obverse punch.
- Low front snap kick
- Middle knifehand strike
- Knifehand downward strike

Three Step sparring will be asked without the pre-measurement, however candidates may be asked in the theory section to explain and demonstrate the various methods of measuring distance

Measuring distance:

Both start in charyot sogi. Attacker measures with right foot to outside of defenders left foot and adjusts other foot to length of stance to be used in attack. Attacker returns to charyot sogi. Attacker places right foot behind to gunnan so bakat palmok najunde makgi. Defender moves left foot out to narani junbi sogi.

3-step measurements when partners are of same height:

Both partners use the same stance. The stance used by the attacker when measuring will dictate the stance to be used

Distances;

- Attacking with middle punch, measure ½ overlapping defenders foot
- Attacking with with high punch, measure fully over lapping defenders foot
- Attacking with knifehand outward strike; ¼ overlap of defenders foot
- Attacking with low front kick or downward knifehand; stand approx. 1.5 feet away and go into ready position

3 step sparring when with a partner of significant height difference:

The measurements are the same as above except that the taller person should use a shorter stance i.e. taller person will use L-stance in attack and defence and shorter person will use walking stance in attack and defence.

Ibo Matsogi (2 step sparring)

The defender will tell the attacker what to attack with.

In keeping with the rules of 2 Step Sparring, there will be one hand attack and one foot attack on each occasion. The defender should choose an appropriate defence and counter attack following the principles of 2 step sparring.

Attacker starts with right L-stance forearm guarding block and defender in parallel ready stance.

No pre-measuring of distance for 2 step sparring.

2 step sparring examples are listed in this document as guidelines. Candidates may perform these examples along with some examples of their own.

1. Attacker: walking stance observe middle punch.
   Defender: left walking stance inner forearm middle block
   Attacker: walking stance low front snap kick.
   Defender: left L stance low outer forearm block.
   Counter attack: slip front foot to walking stance, high reverse punch.
2. Attacker: walking stance low front snap kick.

Defender: right walking stance x-fist pressing block.
Attacker: walking stance middle obverse front punch.
Defender: left walking stance double forearm block
Counter attack: Low side front snap kick.

3. Attacker: walking stance back fist strike.
Defender: left L stance high knife hand guarding block
Attacker: side piercing kick.
Defender: pivot clockwise and slide to right L stance forearm guarding block.
Counter attack: side piercing kick from rear leg.

4. Attacker: L stance middle side piercing kick
Defender: Shift to left rear foot stance forearm guarding block
Attacker: walking stance back fist strike
Defender: walking stance outer forearm high side block
Counter attack: flat fingertip high reverse thrust

5. Attacker: L stance knife hand strike
Defender: left L stance knife hand guard block
Attacker: side turning kick
Defender: pivot clockwise and slide to attacker's open side executing right L stance forearm guarding block.
Counter attack: front snap kick from rear leg.

6. Attacker: high side turning kick
Defender: right rear foot stance high knife hand guarding block.
Attacker: L stance high knife hand strike.
Defender: step left foot to side rear of right foot, step right foot back to right L stance high reverse knife hand block.
Counter attack: Bandae dollyo chagi

Ilbo Matsogi (1 step sparring)

The defender will tell the attacker what to attack with and must choose an appropriate defense and counterattack following the principles of 1 step sparring.

Both attacker and defender begin from parallel ready stance.

No pre-measuring of distance in 1 step.

Jayoo Matsogi (Free sparring)

Free sparring will be conducted with safety equipment on. Each candidate will have 3 rounds of sparring, each of 1.5 minutes duration.

Candidates are marked on their movement, control of distance and their strategy and tactics for attack and defence.

Hosinsul (Self–defence)

Candidates will perform in pairs

Candidates are allowed to bring their own partner to the test.

Candidates will demonstrate various aspects of self-defence from the ITA syllabus contained in the ITA training manual 2nd Edition.

Candidates will perform each defence first in slow motion and then at full speed.

Candidates must be able to defend an attack from long, medium and close range and from different angles.

Candidates will be asked to demonstrate defence against a number of attacks, for example: straight and swing punches, grabs, chokes, headlocks, bear hugs, defending from the ground.

Candidates must show an appropriate response to the threat and effectiveness of defensive technique

Self Defence Guidelines

Defensive techniques used should be in accordance with these principles. All the principles should be applied as a whole rather than individually.

9. The level of response from the Defender should match the level of threat presented from the attacker(s) at all times during the defence

10. Where possible, the Defender should stop the attack at the earliest stage possible with least need for aggression & physical contact

11. The defensive solution applied should be effective, easy to use under stress and not overly complicated

12. The defender should block / prevent / avoid the attack and apply appropriate counter attacks to neutralise any follow up threat from the attacker and exit the situation as early as possible

13. Where possible, the initial defensive technique should not place the defender in any unnecessary further danger (e.g. when possible, blocking a strike should not place the defender into the path of a second strike).

14. The defensive technique applied should minimise the need for physical size & strength on the part of the defender

15. When fallen, the defender should defend & return to standing as soon as possible to reduce the chance of serious injury.

Special Technique, Power Test and Theory

Examiners separate from the main panel will assess these sections and candidates will be called in rotation. The candidate may choose to complete the power section at the end of the main test if they wish. Candidates may present themselves for Power & Special Technique as they become available.

Tuk Gi (Special Technique)

2 attempts will be given

There will be no deduction if the break is on the 2nd attempt. If the protocol is breached the deduction will take place in the execution, the break will not be forfeit. Candidates will be scored on execution i.e. technique, protocol, tool, ability to reach target, and break.

The heights set will be relative to the physique/height of the candidate, the candidate may lower the height but risk losing up to 50% of the marks

Option 1:

- Twimyo nopi yop cha jirugi (height); obstacle at height of candidates umbilicus
- Twimyo nopi apcha busigi: Board placed at height of extended arm (fingertips)
- Twimyo dollyo chagi: Target will be placed immediately above the candidates head
- Twio dolmyo yopcha jirugi: Board will be at the candidates upper chest level
- Twimyo bandae dollyo chagi: Target will be placed immediately above the candidates head

Option 2: Suspended (speed) break with the hand or foot

Option 3: Two-target break, with 2 feet or combination of foot and hand techniques (must be off the ground)

Breaking material for special technique:

The candidates may choose to have timber held or use the special technique apparatus

If timber is used the student must provide own material for breaking
- 2cm of timber for senior
- 1cm of timber for junior

Protocol for special technique:

Forearm guarding block to start and finish.
A single measure is permitted.
Allowed to touch board.

1st Kup

- Perform 1 special technique of their choice from the options listed.

1st Degree & above

- Perform 2 special techniques of their choice from the options listed.

Wi Ryok (Power test)

- 2 attempts will be given
- There will be no deduction if the break is on the 2nd attempt
- If the protocol is breached the deduction will take place in the execution, the break will not be forfeit. Execution will focus on protocol, technique and tool.
- Timber boards must be a minimum of 20mm thickness unless stated otherwise.
- Candidates may choose to reduce the amount/thickness for each technique, however they will be deducted marks for doing so.
- Elbow/forearm may be used for hand technique.

Protocol for power breaking:

- Forearm guarding block to start and finish.
- A single measure is permitted.
- Allowed to touch board.

Female Junior	Choice of hand technique 1 white (or 1 timber board, which must be supplied by the candidate), this can by 1cm thickness for junior females. Choice of foot technique 1 white board (or 1 timber board, which must be supplied by the candidate)
Female Senior	Choice of hand technique 1 white board (or 1 timber board, which must be supplied by the candidate) Choice of foot technique 2 white boards (or 2 timber boards, which must be supplied by the candidate)
Male Junior	Choice of hand technique 1 white board (or 1 timber board, which must be supplied by the candidate). Choice of foot technique 1 white board (or 1 timber board, which must be supplied by the candidate)
Male Senior	Choice of hand technique 2 white boards (or 2 timber boards, which must be supplied by the candidate) Choice of foot technique 2 white boards (or 2 timber boards, which must be supplied by the candidate)

White board = standard ITF breaker board

Theory

- Theory from ITA Training Manual and Taekwon-Do encyclopaedia appropriate to the candidate's grade (1999 ed.) can be tested.
- Please be aware that a deduction of marks can take place in theory if candidates do not know their Korean terminology in the fundamentals and kicking sections of the grading.
- Theory of candidates testing for 4th Dan and higher is expected to be of an exemplary level on all aspects of ITF Taekwon-Do as those being promoted to this level will become examiners for the ITA.