



Taekwondo Union Dan Belt Grading Schedules

A guide to instructors, students, examiners : The following is to provide TUNZ dans gradings that are as consistent across New Zealand as possible. This guide is for students, instructors and examiners.

TABLE OF CONTENTS:

1) Preface and General Information.....	Page 2
2) Kukkiwon/TUNZ Dan Grading Schedule.....	Page 4
Poomsae	page 4
Practical Self Defence	page 5
Free Sparring /Kyorugi	page 7
Smashing	page 7
3) Prerequisites to Grade to Next Black Belt Level	Page 8
4) Kukkiwon/TUNZ Examiners.....	Page 12
5) Dojang and Etiquette Requirement.....	Page 13
6) Where to get help and information.....	Page 13
TUNZ Black Belt grading assessment.....	Page 14
TUNZ Black Belt assessment checklist.....	Page 17

1) PREFACE AND GENERAL INFORMATION

All gradings should be marked by a formality befitting their importance.

There is a requirement to ensure consistently high standard gradings officiated by TUNZ. Due to candidates having areas of particular strengths, these will be revealed to some extent in their performance, but every student needs to show they have completed the grading schedule to the required level, and satisfied all prerequisites. (The Examination Checklist will provide proof of this to the Kukkiwon/TUNZ examiner.)

The Taekwondo Union dan gradings include the Kukkiwon grading requirements, and students are examined by qualified Kukkiwon/TUNZ examiners.

The achievement of the 1st dan/poom black belt is the point where the apprenticeship in taekwondo ends, and where journey to mastery begins. Each subsequent dan needs to show student development within Taekwondo. **Taekwondo is a martial art – a form of self-defence. Every aspect of the physical grading tests this knowledge of self-defence.**

To be eligible to grade to any dan, a student must have attended a minimum of 80% of their club trainings over the past required years between the dan gradings – for example, a student applying to grade to 3rd dan must have completed 2 consistent years of training with 80% attendance over that period of time. To attain 1st poom status, a candidate should be aged 12 or over, unless the candidate applies to TUNZ for a special exemption due to international competition rules. A candidate younger than 15 should attain up to only 2nd poom. At age 15, a candidate can change their poom status and belt, to a full black belt status and belt.

Opportunities for all students: There will be students with disabilities and/or long term injuries or conditions, or who are older – this needs to be taken into account. The instructor should indicate this to the examiner prior to the start of the grading, and indicate what the candidate CAN do. Fitness testing by examiners can take place at all belt levels.

Overall Performance/Expression of Energy (Ki): ‘Ki’ is the term used in the WT Poomsae Competitions that refers to the expression of energy, the commitment, and the power that should be exhibited in a candidate’s performance at any dan grading. A candidate needs to have shown this enthusiasm and commitment, performed to the best of their ability, and shown that they embody the tenets of Taekwondo, and that they are indeed a martial artist at a certain level. This expression of energy is mandatory throughout the grading. The complete absence of ki energy constitutes a fail.

Technique: (WT technique) at every level, and therefore on a learning continuum:

- ***stances** – differentiated from one another and demonstrated correctly
- ***strikes** using the correct part of the hand/elbow – to the correct part of the body
- ***blocks** starting and finishing at the correct part of the body with correct hand/arm position
- ***kicks** directed at correct part of the body using correct ball, heel, side or top of foot technique, with chamber position and knowledge of why this is important.

INHERENT IN THE GRADING SCHEDULE

THEORY: as noted at each belt level, knowledge of HOW and WHY things are done a certain way is very important for developing correct technique. Students should be able to answer theoretical questions delivered to them by the examiner. Knowledge of Taekwondo Union tenets, and what these tenets mean, may be asked.

FITNESS: As noted above, at the discretion of the examiner, this can be tested as extra to the basic grading (eg the examiner may request the student to do extra push-ups, do an extra long demonstration during power series, do extra free-sparring/kyorugi, etc)

DISCIPLINE: Doboks must be clean and tidy, with the belt tied correctly. Jewellery must not be worn (exception being the wedding ring) or must be adequately covered (eg piercings). Trimmed finger and toe nails. Hair pulled back neatly (ie not hanging in the face). Women/girls may wear a **white** sport bra or Tee under dobok top.

The Taekwondo Union supports that the minimum amount of time between the dan gradings is in line with the Kukkiwon recommendations, but with added leadership experience. A candidate needs to show evidence that they are a 'participator' before grading to the next dan. If the student has not advanced beyond the learning of "just one new pattern", then they have not developed as a martial artist, and are not deemed ready to hold the honour of achieving the next dan. There are age restrictions regarding dan levels and those not specified by TUNZ may be accessed from the Kukkiwon website.

To be able to do a TUNZ dan grading, a candidate must have lived and trained in New Zealand for 1 year. A candidate must be able to show proof of this residency and details of current ranking – documentation must be presented. If training has been undertaken outside New Zealand, the candidate must be able to prove they have trained the stipulated number of consistent years between gradings, with an 80% attendance record, and fulfil the requirement of training for 1 year in New Zealand. The TUNZ club instructor has the full decision making power as to who will grade, and when, noting the Kukkiwon time frames as a minimum. It is fully up to the examiner as to whether the candidate will pass or fail on the grading day.

The club instructor must ensure that the grading candidate is not only physically ready to grade, but has attained the mental and emotional readiness to do so. It is suggested that a mock grading 6 weeks out from the TUNZ/Kukkiwon grading by the instructor, or with assistance from a nearby fellow instructor, **who is up-to-date with WT rules and requirements**, is helpful to the student and indicates areas that need extra work. Examiners must ensure the student leadership prerequisites have been met and are recorded in the Taekwondo Student Record and on the examination checklist. It is up to the Kukkiwon/TUNZ examiner as to whether the candidate has passed the test or not.

There will be no provisional passes. Candidates will receive a P (pass) or an F (fail). A second chance to grade in the future will be discussed between the instructor and the Kukkiwon/TUNZ examiner.

Disclaimer: The Club Instructor runs the grading for his/her students. Club Instructor is likely, but not necessarily, the second examiner. The Kukkiwon/TUNZ Examiner is the Head Examiner and will determine whether the candidates pass or fail. The Club Instructor is

responsible for the safety of the candidates and the venue. As a result, neither the Kukkiwon/TUNZ examiner nor TUNZ are responsible for either the safety of the candidates or the security of the venue.

2)KUKKIWON/TUNZ DAN GRADING SCHEDULE

The Kukkiwon dan gradings require knowledge of specified patterns to each dan level, a section of free sparring/kyorugi, and a section of smashing. TUNZ has embraced the Kukkiwon requirements, and, with the approval of the TUNZ instructors and examiners, has added requirements of its own: there are 4 main physical/theoretical areas to be examined: 1) WT style Taegeuks and Poomsae 2) Practical Self-Defence (including breakfalls, dive rolls, and specific, practical self-defence techniques) 3) Freesparring/kyorugi 4) Smashing (including power series).

Each aspect of the grading schedule must be passed to obtain a pass for the overall dan grading.

All 4 Kukkiwon/TUNZ dan grading requirements are outlined below. Kukkiwon have prescribed a 60% pass in all sections to pass at each dan/poom level and TUNZ is adhering to this requirement.

1.POOMSAE SECTION

1.1 BASIC MOVEMENTS -

Basic movements can be used as a warm-up. Basic movements will not be formally assessed.

1.2 TAEGEUKS AND POOMSAE (PATTERNS) - THEORETICAL SELF-DEFENCE (Current WT Style)

(Note the Kukkiwon terminology – “compulsory” is the new pattern that is to be learned for a specific belt level (and has a higher mark apportioned to it, and needs a 60% to pass it); “appointed” are the patterns that have been learned previously) This section as a whole needs a 60% pass mark.

Minimum:

Black tab to 1st dan - Compulsory: Taegeuk 8
Appointed: Taegeuks 1-7

1st dan to 2nd dan – Compulsory: Koryo
Appointed: Taekgeuks 1-8

2nd dan to 3rd dan – Compulsory: Keumgang
Appointed: Koryo and Taegeuks 1-8

3 rd dan to 4 th dan -	Compulsory: Taebaek Appointed: Koryo, Keumgang and Taegeuks 1-8
4 th dan to 5 th dan -	Compulsory: Pyongwon Appointed: Koryo, Keumgang, Taebaek and Taegeuks 1-8
5 th dan to 6 th dan –	Compulsory: Sipjin Appointed: Koryo, Keumgang, Taebaek, Pyongwon, and Taegeuks 1-8
6 th dan to 7 th dan –	Compulsory: Jitae Appointed: Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, and Taegeuks 1-8

Patterns form the basis of martial art training.

Taegeuk 1 (Taegeuk Il Jang) up to the pattern noted above as indicated for the dan being graded, must be able to be performed if called upon to do so by the examiner, in accordance with the dan grading assessment form. Every poomsae performed will be allocated a mark. Performance should indicate a sound knowledge of the pattern movements, balance, stances, and correct technique in blocks, strikes, kicks, with minimal errors. For each pattern, the candidate must know all the movements in the pattern – what the movements are for in terms of self-defence (theory) – and may be asked to explain various movements to the examiner.

In a collective grading, it is up to the examiner as to how s/he judges the candidates' knowledge and skill – it may be that a candidate is called upon to perform on their own while other candidates are engaged in fitness activities. It may be that each candidate is given a separate pattern to do so that they have to eliminate what is going on around them to focus on their own performance.

2. PRACTICAL SELF-DEFENCE SECTION

2.1 PRE-ARRANGED SELF-DEFENCE (traditionally called '3-steps' or '1-step' – offensive move(s) followed by defensive move(s))

The section traditionally called 'pre-arranged', '3-steps' or '1 step' is tested throughout the colour belt gradings. At dan grading level, aspects of this should be evident in the practical self defence and free sparring segments (ie knowledge of distance between offender and defender; knowledge of stepping out of the centre line, etc) This will therefore NOT be tested AS SUCH, but will obviously be tested within the bounds of Practical Self Defence (outlined below) and in the Kyorugi/FreeSparring arena.

2.2 BREAK FALLS/DIVE ROLLS (although a separate examinable category in colour belt gradings, at dan level this is to be demonstrated within some practical self-defence sequence as appropriate)

2.3 PRACTICAL SELF-DEFENCE:

On a learning continuum: Instructor and candidate organise what techniques will be demonstrated within a sequence. Kukkiwon/TUNZ examiners will want to see candidates demonstrate their ability to defend against a range of attack types – grabs, strangles, kicks, punches, ground grappling, and weapons, and more than 1 attacker - also both sides when appropriate within a sequence. Knowledge of why a technique would be effective, and what to do if the technique does not work, to be demonstrated. Sequences may be asked to be broken down and explained using slow motion. Correct techniques re stance, punching, blocking, kicking to be demonstrated at all levels (on a continuum of expertise). Expression of energy extremely important.

Black tab – 10 Sequences

1st dan – 10 sequences, including 2 on 1 choreographed or free-for-all

2nd dan – 10 sequences, including 2 or 3 on 1 choreographed or free-for-all

3rd dan – self-defence demonstration to be decided on by candidate/ instructor

4th dan and above – as for 3rd dan

Additional:

*successful defence of an attacker of greater height/build/age/gender onto 1 defender

*attacker(s) randomly attacks

Exhibited knowledge of the student's own physical body defensive weapons and the attacker's vulnerable body areas is critical for students to work through to understand the art of self-defence. Student should be questioned about this, or exhibit in demonstrated moves, or both.

Taekwondo is a martial art – a self-defence art. This section of the curriculum needs to be thoroughly taught and examined so that candidates do **not have an unrealistic expectation** of their own abilities, and have a good understanding of how to keep themselves safe. Simple but effective techniques within the sequences are required.

Each self-defence sequence is given a mark.

3.FREE SPARRING/KYORUGI SECTION

WT rules.

Black belt level – full contact, fully padded up, unless indicated by club instructor*

*Age, injuries, disabilities, conditions should be noted and sparring style adapted accordingly (eg physical/mental disability, pregnancy, advanced age may result in non-contact free sparring rounds being acceptable). This is a test of fitness as well as technique and ability.

Kyorugi/freesparring is scored on a) attack and counter attack b) defence c) skill and technique. Overall mark is the effectiveness to score points and to prevent points being scored against you.

*1st/2nd dan: 3 rounds of up to 2 minutes will be assessed (each round completed showing a range of kicks, counters, and successful evasions). A Kukkiwon/TUNZ examiner may request more rounds for confirmation of fitness but these extra rounds will not be assessed.

*3rd dan and above: 3 rounds of up to 2 minutes

This is not a tournament – head contact will need to be minimised and controlled for safety reasons. However, at all levels, a knowledge of how to keep out of reach of head contact if possible to be demonstrated, as a student will want to show all the kicks in their repertoire. (A first aider should be present at the grading with a 1st aid box and a cell phone.)

Safety gear is mandatory – mouth guards, shin/foot guards, arm guards, body pads, groin guard, gloves, head guard. Supporting club members to position themselves around the hall to ensure viewer safety, and safety of grading members.

4. SMASHING SECTION

4.1 POWER TEST:

On the learning continuum. Each instructor to call techniques to be demonstrated. Proficiency of techniques should increase as dan level increases.

*black tab – 7th dan: 10 advanced techniques, including strikes, kicking, and combination techniques)

Basic proficiency from standing position showing good readiness stance; kiyap; power coordinate with the candidate's body shape, size, age, injury level, capabilities. Over 35 year olds are not required to execute jumping techniques

4.2 SMASHING BOARDS

A minimum of 6 techniques: including striking techniques, stationary kicking techniques, and jumping kick techniques. (Age, injury and personal conditions need to be accommodated)
Suitable multiple boards from 2nd dan and higher.

Board thickness needs to be commensurate with the candidate doing the breaking. A 20 mm board may not suit a youngster, and a 12 mm board may not suit a young man unless an underlying disability or illness is indicated.

A mark will be given for each of the 6 breaks. Marks will be regulated by the Kukkiwon/TUNZ examiner based on the number of attempts of each break.

A second breaking attempt will be allowed if failure to break the board is due to the board holders, or to a situation beyond control of the candidate (for example – fire alarm, earthquake, etc). If a technique fails to break a board after 2-3 attempts, the Kukkiwon/TUNZ examiner has the discretion to suggest another technique.

PREREQUISITES TO GRADE TO NEXT BLACK BELT LEVEL

The objective is to encourage personal growth for TUNZ member students, and to provide an expanded teaching curriculum to foster commitment, contribution and support by member students to their clubs, TUNZ, and the wider WT community. All students will have the responsibility of recording and keeping an up-to-date Taekwondo CV through the use of a specially designed Taekwondo Student Record. The Record **MUST** be kept starting at the blue belt/red tab grade, but individual club instructors can decide when to initiate the start of this Record – it may be started when a student achieves their yellow belt, for example, if the instructor wishes.

Most importantly, students will develop skills and experience in the areas of public speaking, instructing, coaching, refereeing, as well as administrative and organisational skills generally described as Leadership skills. It is this involvement TUNZ wants to encourage and recognise.

The programme encourages commitment and continual self-improvement - the requirements are not self-limiting, and will need to satisfy the Kukkiwon/TUNZ examiner.

Tasks signed off are the responsibility of the Club Instructor. This person, while still responsible, may decide to delegate the actual signing off and management of the Taekwondo Student Records to a trusted assistant instructor or administrator. However, the Student Record is still owned by the student.

Only the Club Instructor can recommend students to grade at both colour and black belt levels. The Club Instructor is responsible for these decisions and will monitor and assess if

and when his or her student have met all the criteria and prerequisites and as a result is ready to grade.

*From June 2018 to June 2019, subject to TUNZ approval, prerequisites will be trialled in 2 clubs and recommendations will result from this trial including the number of prerequisites to be achieved for each dan grading level.

*It is hoped that from January 2019 the new grading schedule will be in effect (excluding the prerequisites which are under trial).

*From January 2020 prerequisites and the TKD Student Record will be in effect.

LEVELS OF LEADERSHIP SKILLS AND EXPERIENCE

Level one.	Black tab to 1 st Poom/Dan
Level two	1 st Poom/Dan to 2 nd Dan
Level three	2 nd Dan to 3 rd Dan

All candidates wishing to advance to 4th Dan and beyond must apply and get approval to grade from the TUNZ Executive Council.

At each Black Belt promotion level the candidate, through their Club Instructor, must provide documented evidence (in their Taekwondo Student Record and in their Examination checklist) that they have satisfied all the prescribed prerequisites to the Kukkiwon/TUNZ examiner.

Note for Club Instructors

As students progress from one level to the next, they need to be operating and achieving at a demonstrably higher level on a continuum. The Kukkiwon/TUNZ Examiners want to see ongoing self-improvement. Quantitative indications below are simply to assist you and are not fully prescribed. Please note the headings “assisting, upskilling, administrating, instructing, officiating, etc” are to assist instructors and candidates.

1.Level 1 [Black Tab- 1st Poom/Dan]

Assisting [Club Instructor’s discretion] Under direct supervision of a senior in the following:

- 1.Assist at club training to prepare other students for tournament participation.
- 2.Assist at tournaments by aiding preparation of athletes, or with the tournament management.
- 3.Regularly assisting with training and/or coaching in the dojang for a minimum of one year

Upskilling Pursuing a TUNZ specialist seminar or longer programme on a subject[s] directly related to Taekwondo over and above normal regular club training. Being able to demonstrate to Club Instructor enhanced knowledge and demonstrated skill level, such as:

- 1.Poomsae
- 2.Kyrougi
3. Electronic competition equipment
4. First Aid Certificate
- 5.Other.

Administrating Having responsibility and commitment for an important ongoing administration role within the club for a minimum of one year. This may include:

1. Helping club members with sizing and organising the purchase of appropriate gear.
2. Office bearer on Club Organising Committee, Chair, Secretary/Treasurer, etc.
- 3.Key fundraising role for club: eg. help club travel to tournaments, or for club assets, like safety equipment.
4. Tournament entries, collection of fees, away-accommodation and travel arrangements.
5. Assets management and security. Ongoing maintenance and security of gear and venue security.

Instructing, having club responsibility over one year minimum.

1. Conduct regular warm-ups and warm-downs, or stretching exercises.
2. Responsibility for a colour belt group preparation for a grading.

Officiating

1. Refereeing - applying the correct hand signals and Korean instructions with proficiency and in preparation to apply these skills under supervision at a regional tournament, or inter-club tournament.
2. Coaching within the club, independent of a senior overseer/mentor.
3. Poomsae or Kyrougi coaching. As part of preparation towards a regional and then national competition.

2. Level 2 [1st Dan – 2nd Dan]

Coaching Preparing and training

- 1.Poomsae and/or
- 2.Kyrougi students at a regional and a national TUNZ competition.

Officiating: at a minimum of two competitions. Two of the following:

- 1.Refereeing colour belts at a regional and national competition.
- 2.Corner judging at a regional or national competition under supervision.
3. Poomsae judging at a regional and national competition under supervision initially.
4. Front desk judging (ie ‘jury’) and administering results as part of tournament organisation – under supervision initially

Instructing

1. Having responsibility for preparing junior and/or middle belts to two successful club colour belt gradings over a year's duration.

Upskilling

Pursuing a TUNZ specialist seminar or longer programme on a subject(s) directly related to Taekwondo over and above normal regular club training. Being able to demonstrate to club instructor enhanced knowledge and demonstrated skill level, such as:

1. Poomsae
2. Kyorugi
3. Electronic competition equipment
4. First aid
5. other

Administrating

1. Having a club wide responsibility for fundraising or other administrative roles for 1-2 years.
2. Club Team Manager responsibilities at a regional/ national competition for two years.
3. Managing student records on behalf of the club where honesty and integrity is essential for 1-2 years.
4. Other: Approved by Instructor.

Organising/Managing

1. Running a specialist inter-club seminar, organising speakers if required, organising time, feedback and follow-up reporting.
2. Responsibility for a component of an Instructors' Camp. ~~Half Day of activities and programme.~~
3. Managing TUNZ website or Instructors Face book page for a minimum of two years

3. Level 3 [2nd Dan- 3rd Dan]

Instructing

1. Club Instructor in charge of students learning. ~~{Three years}~~
2. Preparing Seniors for a Black Belt Grading.

Upskilling

At this level the Student should attend at least two seminars over a 2 year period.

Officiating

1. Refereeing up to and including Black Belt level at three competitions over 3 years.
2. Judging at a Poomsae Competition at regional and national tournament over 3 years.

Organising /Managing

1. Being active in organising, and having responsibility at, a regional or national competition as a Tournament Director, or other senior type role.

2. Running, with full responsibility, a TUNZ Instructors' Camp or equivalent.

Special Project

Must be a significant and substantive endeavour.

1.Special Study approved by the ExCo and presented to invited TUNZ members.

2.Special Project or Development requested by TUNZ.

Leadership

1.Elected or appointed in an advisory capacity to the TUNZ Board. (For a minimum of two terms.)

2.Appointed to develop and present a National training or support programme for TUNZ members. (For a minimum of two years.)

4.Level 4 [3rd Dan - 4th Dan and above]

Opportunity for members at this level to record achievements to support applications to the TUNZ Executive Council for approval to grade to the next level.

Information should include dates, where, who, and so on.

Headings such as Upskilling, Officiating at National Tournaments, Organising/ Managing important events or Ongoing Developments of Significance to TUNZ or NZ, Special Projects, and Leadership.

4.) KUKKIWON/TUNZ EXAMINERS

There should be 2 examiners at each dan grading – at least 1 being a Kukkiwon/TUNZ examiner, and one being a TUNZ black belt above the level of the student being graded. The club instructor needs to organise the Kukkiwon examiner, and the 2nd examiner needs to be organised and approved by the Kukkiwon/TUNZ examiner. Club instructors need to communicate the venue, the date, the time to the examiners.

Examiners are to be dressed appropriately, and should conduct a grading to specified guidelines.

Instructors are to bring the appropriate grading paperwork for the examination. A copy of the Taekwondo Assessment Checklist is to be available for the Kukkiwon/TUNZ examiner (see checklist at the end of this document).

The student and the instructor are to have the grading application form and quality passport photo ready for the Kukkiwon/TUNZ examiner to take away with him/her after the grading, if the candidate is successful.

Suitable-for-the-task table and chairs must be provided for both examiners.

5.) DOJANG AND ETIQUETTE REQUIREMENTS

Water bottles, jackets, sparring safety gear, focus pads and smashing boards are to be placed neatly in the dojang – quickly accessible when required in the grading.

Grading begins with a full forming up of all present club members; bowing to the flag (if there is one); and bowing to Examiner, Instructor, club black belts in order of dan. All members to then sit at edge of grading area in belt order. (If cold, those not immediately grading or assisting can put on jackets.) Examiner, Instructor or designated club member to “call up” those grading in order of the grading schedule. When club member is ‘called up’, he/she must respond by quickly getting to feet, calling “yes” in a loud voice, bowing to examiner, and moving quickly to designated position on the floor, in clear view of the examiner.

Disciplined behaviour while waiting to grade must be shown – chatting/ “fooling around” /swearing may lead to candidate not grading. When spoken to, a candidate must respond respectfully. Candidates’ behaviour must exhibit that they understand the tenets of Taekwondo – courtesy, integrity, self-control, indomitable spirit, perseverance. Some clubs show respect to one or more flags (usually the New Zealand flag, and sometimes the Korean flag – perhaps others as well) and this is at the discretion of the Instructor.

The grading venue often has an area for the parents/guests to sit, and a senior club member assigned to ensure these guests are directed to the correct area. “Housekeeping” to be outlined prior to the start of the grading (location of toilets/phones off/location of exits).

Senior club members who are not grading can be assigned as helpers (eg for holding pads; helping to roll out mats for breakfalls/dive rolls if required; helping candidates and others pad up for sparring/kyorugi; partnering a candidate for self-defence; sparring with examination candidates; and ensuring club discipline on the sidelines when members are waiting to grade or who have finished their grading).

6). WHERE TO GET HELP and INFORMATION

IF THERE ARE ANY QUESTIONS CONCERNING ANYTHING TO DO WITH THE GRADINGS, OR THE GRADING SCHEDULE, PLEASE CONTACT THE TUNZ SECRETARY AT secretary@tunz.net.nz

KUKKIWON/TUNZ BLACK BELT GRADING ASSESSMENT

Club Instructors must ensure the following requirements are complete before recommending their students for promotion:

1. Candidates have undergone a Club mock grading to determine readiness for a full promotion test.
2. Candidates have completed the minimum time requirement between dan grades [Kukkiwon regulations] with 80% min attendance at trainings for the full period between Kukkiwon promotion tests.
3. As students progress to the higher dans, Kukkiwon/TUNZ Examiners will be looking for candidates' enhanced knowledge and understanding, with slightly less emphasis on physical skills and techniques.
4. Leadership experience and commitment to self-improvement: these prerequisites to grade must be complete and documented appropriately in the official TUNZ format (see Examination Checklist at the end of this document).
5. Basics although not formally assessed **should/could** be part of the initial warmup.
6. The concept of Ki must be exhibited by all students grading at all levels and for the full duration of the grading. It is part of all aspects of the following and is therefore part of the student's assessment in each of the four sections assessed.
7. There will be no Provisional Passes
8. There will be four sections assessed and the student must attain a score of 60% minimum in all four sections to pass to their next Dan/Poom level. Four sections are 1 POOMSAE, 2 SELF DEFENCE, 3 FREE SPARRING/ KYORUGI, and 4 SMASHING.

All candidates must get a mark of 30/50 in each section and a minimum of 120/200 to pass the grading as a whole.

1 POOMSAE [Patterns] Candidates must achieve a 60% pass in compulsory poomsae to pass this section as a whole.

Appointed Poomsae patterns, eight [8] will be selected by the Examiner.

	Compulsory	Appointed	Total to Pass
Score	/10 marks	/5 marks per pattern	
Black tab	T8	T1-T7	30 /50
1 st Dan	Koryo	T1- T8	30 /50
2 nd Dan	Keumgang	T1-T8 + Koryo	30 /50

3 rd Dan	Taebaek	T1-T8 + Koryo, Keumgang	30/50
4 th Dan	Pyongwon	T1-T8 + Koryo, Keumgang, Taebaek	30 /50
5 th Dan	Sipjin	T1- T8 + Koryo, Keumgang, Taebaek, Pyongwon	30/50

Note: In scoring each poomsae, Kukkiwon have three categories, Accuracy, Technique/power, and Balance/agility.

2. PRACTICAL SELF-DEFENCE

This demonstrated self-defence is to include and complement the more traditional taekwondo self-defence techniques of block and counter. Both attacker and defender need to demonstrate break fall techniques, forward, backward, and take down break falls. [May include dive rolls as part of a choreographed or free-for-all demonstration of techniques]

The Kukkiwon/TUNZ Examiner will want to see sequences that deal with the following: attacks, wrist grabs, and one and two handed grabs from front and back, attempted strangle, kicks, strikes, ground grappling, and weapons [bottle, short stave, and knife] there may be multiple elements demonstrated within each sequence. Each sequence must include both defence and attack (from both sides of the body, as and when appropriate). Each sequence is 5 marks: Total 50 marks

Black Tab 10 Sequences

1st Dan 10 Sequences [one sequence choreographed or free-for-all 2 on 1]

2nd Dan 10 Sequences [2/3 on 1 choreographed or free-for-all]

3rd Dan – 7th Dan Self Defence Programme approved by Kukkiwon/TUNZ Examiner.

To Pass 30/50

3. Freesparring/Kyorugi

Full contact but this needs to be assessed by the Club Instructor and approved by the Examiner. (As noted in grading schedule, disability, pregnancy, age, need to be considered here – non-contact sparring is acceptable in certain circumstances). Full protective gear must be worn and a first aider in attendance.

Each candidate is required to complete a minimum of 3 rounds of up to 2 minutes per round. [More rounds can be completed to test fitness at the discretion of the Examiner – however only 3 rounds will be assessed.]

Kukkiwon Assessment includes the following categories

- A) Attack and counter attack [5marks], B) Defence [5marks], and C) Skill and Technique [5marks]
- B) Three equivalent rounds at 15 marks per round = 45 marks. At the discretion of the Kukkiwon/TUNZ examiner, etiquette and attitude of candidate = up to 5 marks
- C) To Pass 30/50

4. Smashing [Breaking]

A. Power test

At this level, kicks and strikes and their combinations should be more advanced and demonstrate technique, power, and attitude [Ki]

10 techniques need to be demonstrated and will be marked. [2marks max per technique]
Techniques will be at the Instructor's discretion to ensure issues of age, gender, and physical/mental considerations are suitably catered for.

Maximum 20marks for Power test.

B. Smashing

[Maximum two attempts] Please note board thicknesses recommendations in the Grading Schedule.

[5 marks first attempt successful break and three marks for successful break in second attempt] if a fail occurs through no fault of grading candidate then can repeat.

Black tab	6 techniques
1 st Dan	6 techniques
2 nd Dan	6 techniques
3 rd Dan	6 techniques
4 th Dan	6 techniques
5 th Dan	6 techniques

Maximum 30 marks for Smashing Section. To Pass 30/50

Note: Power Test 20/50 maximum; Smashing 30/50 maximum



TUNZ Black Belt Assessment Checklist.

Name of Applicant:

Name of Club:

Name of Club Instructor:

Date of Grading Assessment:

Current Grade:

Date of last Grading assessment:

Kukkiwon Number [if applicable]:

Leadership Pre requisites completed since last grading:

Time between gradings and training commitments met:

Signed by

Applicant

Club Instructor

Dated

