

IRISH TAEKWON-DO ASSOCIATION



Black Belt Testing

(Last updated at ITA Examiners Conference January 20th 2019)

Important Notes:

The Black Belt Testing is divided into the following sections; **Physical Competency**, Fundamental Movements, Kicking Techniques, 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.

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 type 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 http://www.taekwondo.ie/events/black_belt_grading-122.html

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 to 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 hand over 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.

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Physical Competence

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

- 30 second yop cha jirugi hold at wall on each leg
- 50 dollyo chagis each leg at wall
- 25 push ups
- 20 squats
- 10 tuck jumps

Gibon Yonsup (Hand techniques)

The grading narrator will call hand techniques; the techniques *may* be called in a different order for each group. **6 of the listed combinations of techniques will be asked.**

Each technique will be performed a number of times to allow the candidate to perform with maximum effort and also allow the examiner time to accurately grade the performance

1st Kup

1. **Stepping to the left and then to the right; Gojung so digutcha makgi** / fixed stance, U-shaped block
2. **Stepping forwards/backwards; gunnan so bakat palmok najunde makgi, sonkal chookyo makgi yonsok tongjak** / walking stance outer forearm low block, knifehand rising block in continuous motion
3. **Stepping backwards/forwards; niunja so sonkal nopunde anuro taerigi, slip the front foot to form gunnan so an palmok dillimyo makgi** / L-stance knifehand high inward strike, slip front foot to form walking stance innerforearm circular block
4. **Stepping forwards; gunnan so sun sonkut tulgi, jap yosul tae, gunnan so dung joomuk nopunde yop taerigi** / walking stance straight fingertip thrust, release from hold and turn into walking stance backfist high side strike **(Will need to change legs and perform on opposite side also or turn about)**
5. **Stepping backwards/forwards; gunnan so sonkal nopunde ap taerigi, sonbadak golcho makgi & ap joomok baro jirugi yon gyol tongjak** / walking stance knifehand high front strike, maintain stance palm middle hooking block, observe middle front punch in connecting motion
6. **Stepping forwards/backwards; niunja so sang sonkal makgi, nacho so sonbadak noolyo makgi, neurin tongjak;** l-stance twin knifehand block, low stance palm pressing block, slow motion
 - a. **Dwiro tora** (turn about)
7. **Sliding forward, gojung so yop jirugi, soojik so sonkal naeryo taerigi** / fixed stance side punch, pulling the front foot into vertical stance knifehand downward strike.

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8. **Stepping Forwards with a stamping motion; annun so bakat palmok san makgi, niunja so doo palmok miro makgi;** sitting stance outer forearm w-shape pull the front foot into l-stance double forearm pushing block.
9. **Stepping forwards/backwards; gunnun so najunde sonkal bandae makgi, niunja so kaunde bandae jiruigi;** walking stance low knife-hand reverse block pull the front foot into l-stance middle reverse punch l-stance.
10. **Stepping forwards/backwards; dwitbal so sonbadak ollyo makgi, gunnun so sonkal dung nopunde ap taerigi;** rear foot stance upward block with the palm slip the front foot into waking stance high strike with the reverse knifehand.

1st Degree

1. **Stepping to the left first and then the right: Annun So, sonbadak duro makgi, ap joomuk kaunde jirugi, yon gyol tongjak** (sitting stance, scooping block, forefist middle punch, connecting motion – as in Ge Baek #9 & #10)
2. **Stepping forwards/backwards: Gunnan so, doo bandalson makgi, ap joomuk dwijibo jirugi** (walking stance double arc hand block, forefist upset punch – as in Ge-Baek #25 & #26)
3. **Stepping backwards/forwards: Gunnan so, sang joomuk sewo jirugi, adjust the front foot into niunja so, junji joomuk kaunde jirugi** walking stance, twin first vertical punch adjusting the front foot into L-stance middle knuckle middle punch – similar to Ge-Baek #34 & #35)
4. **Stepping forwards/backwards: Niunja so dung joomuk nopunde yop taerigi, adjusting the front foot into nacho so sonbadak noolo makgi neurin tongjak** (L-stance backfist high side strike, adjusting the front foot into low stance palm pressing block in slow motion)
5. **Stepping backwards/forwards: Gunnan so, bakat palmok chookyo makgi, bakat palmok najunde makgi, yonsok tongjak** (walking stance outer forearm rising block, outer forearm low block in continuous motion – as in Ge-Baek #5 & #6)
6. **Jumping forwards: Kyocha so doo palmok nopunde makgi, move back leg into niunja so sonkal daebi makgi** (x stance, double forearm high block, move back leg into l-stance knifehand guarding block)
7. **Stepping forwards/backwards; dwitbal so nopunde sonkal daebi makgi, gunnun so dwijibo bandae jirugi; rear foot stance high knifehand guarding block slip the front foot into walking stance upset reverse punch.**
8. **Double stepping forwards; gunnun so bakat palmok nopunde yop makgi, kaunde bandae jiruigi;** walking stance high outer forearm side block, middle reverse punch.
9. **Stepping to the left and then to the right; annun so sonkal dung najunde daebi makgi, najunde sonkal daebi makgi, yonsok tongjak;** sitting stance low reverse knifehand guarding block, knifehand guarding block in continuous motion (as in Ge Baek movements 37 & 38)
10. **Sliding forwards; gojung jiruigi, annun so gutja makgi;** fixed stance punch slip the front foot into sitting stance 9-shape block.

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2nd Degree

1. **Stepping to the left first and then the right: Annun so, an palmok narani makgi, sonbadak kaunde golcho makgi, ap joomuk kaunde jirugi** (sitting stance inner forearm parallel block, palm middle hooking block, forefist middle punch as in Juche #1 - #3)
2. **Stepping forward/backwards: Gunnan so, sonkal kaunde hechyo makgi, sonkal dung dollimyo makgi, adjust the front foot into dwitbal so, euhkallin sonbadak naeryo makgi** (walking stance knifehand middle wedging block, reverse knifehand circular block, adjusting the front foot into rearfoot stance, alternate palm downward block – as in Eui-Am #27 - #29)
3. **Stepping backwards/forwards: Gunnan so, sonkal najunde anuro makgi, doo songarak nopunde bandae tulgi** (walking stance knifehand low inward block, double finger high reverse thrust, maintaining stance)
4. **Stepping forwards/backwards: Niunja so, kyocha sonkal momchau makgi, adjusting into nacho so sonbadak ollyo makgi** (L-stance, x-knifehand checking block, adjusting into low stance, palm upward block)
5. **Stepping backwards/forwards: Gunnan so, kyocha joomuk naeryo makgi, sonkal chookyo makgi yonsok tongjak** (walking stance, x-fist downward block, knifehand rising block continuous motion – as in Eui-Am #5 and #6)
6. **Stepping forwards/backwards: Gunnan so bandal jirugi, bring the back foot up into narani so, dollyo jirugi, neurin tongjak** (walking stance, crescent punch, bringing the back foot forwards into parallel stance turning punch, in slow motion)
7. **Stepping forwards/backwards; dwitbal so sang sonbadak noolo makgi, sasun so soopyong jiruigi;** rear foot stance pressing block with the twin palm, slip the front foot into diagonal stance horizontal punch.
8. **Stepping forwards/backwards; niunja so sonkal dung najunde daebi makgi, gunnun so gutja makgi;** l-stance low reverse knife-hand guarding block slip the front foot into walking stance 9-shape block.
9. **Stepping forwards/backwards; gunnun so sang sonbadak chookyo makgi, dwitbal so sun palkup naeryo tulgi;** walking stance rising block with the twin palm, pull the front foot into rear foot stance downward thrust with the straight elbow.
10. **Stepping forwards/backwards; gunnun so najunde anuro sonkal makgi, niunja so upon sonkut bandae tulgi;** walking stance low inward block with the knifehand, pull the front foot into l-stance flat fingertip reverse thrust.

3rd Degree

1. **Annun so, sonbadak duro makgi, ap joomuk kaunde jirugi yon gyol tongjak** (sitting stance palm scooping block, forefist middle punch connecting motion – as in Yoo-Sin #10 and #11)
2. **Stepping forwards: Dwitbal so palmok daebi makgi, joonji joomuk nopunde jirugi** (rearfoot stance forearm guarding block, middle knuckle fist high punch – as in Choi-Yong #1 and #2)

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3. **Stepping backwards/forwards: Gunnan so, bakat palmok kaunde ap makgi, ap joomuk nopunde jirugi yonsok tongjak** (walking stance, outer forearm middle front block, forefist high punch continuous motion – as in Sam-II #30 and #31)
4. **Stepping forwards/backwards: Niunja so, sonkal dung nopunde daebi makgi, adjust the front foot into gojung so digutcha makgi** (L-stance, reverse knifehand high guarding block, adjusting the front foot into fixed stance u-shaped block – as in Sam-II #14 and #15)
5. **Stepping backwards/forwards: Gunnan so, kyocha joomuk noolyo makgi, kyocha sonkal chookyo makgi, yonsok tongjak, ap joomuk kaunde jirugi** (walking stance x-fist pressing block, x-knifehand rising block in continuous motion, forefist middle punch – as in Yoo-Sin #20-#22)
6. **Stepping forwards/backwards: Annun so gutja makgi, maintain stance gutja makgi, pull rear foot to form soojik so, yop joomuk naeryo taerigi** (sitting stance, nine shape block, maintain stance, nine shape block, pull rear foot to vertical stance side fits downward strike) – as in Yoo – Sin 60 to 62
7. **Sliding forwards/backwards; Dwitbal so bakat palmok kaude daebi makgi, gunnun so nopunde bandalson bandal taerigi;** rear foot stance middle outer forearm guarding block, slip the front foot into walking stance execute a high crescent strike with the arc hand.
8. **Treble step slide turning(both directions); niunja so najunde sonkal daebi makgi, gojung so digutja jiruigi;** l-stance low knife-hand guarding block slip the front foot into fixed stance u-shape punch.
9. **Stepping Forwards/backwards; niunja so doo Joomok najunde jiruigi, twio dolmyo sonkal taerigi;** l-stance low punch with the double fist, jumping spinning clockwise/counter clockwise execute mid-air strike with the knifehand.
10. **Stepping forwards/backwards; niunja so nopunde sonkal dung yop makgi, gunnun so sang joomok dwijibo jiruigi – bapgi tongjak;** l-stance high reverse knife-hand side block slip the front foot into walking stance execute upset punch with the twin fist in stamping motion.

4th Degree

1. **Moving forwards: Twimyo sonkal yop taerigi land in niunja sogi and shift backward maintaining niunja so, kyocha joomuk momchau makgi, adjust front foot to gunnan so bakuro ghutgi** (flying knifehand side strike, land and shift backward into L-stance, x-fist checking block, adjust front foot to walking stance outward cross cut)
2. **Stepping backwards/backwards: Gunnan so kyocha joomuk noolyo makgi, kyocha sonkal chookyo makgi,** (walking stance x-fist pressing block x-knifehand rising block, continuous motion)
3. **Stepping forwards/backwards: Gunnan so, Ghin joomuk Nopunde jirugi, sonkal najunde bandae bakuro makgi,** (Walking stance, long fist high punch, knifehand low reverse outward block)
4. **Annun so sonkal dung san makgi** (sitting stance reverse knifehand w-shape block), **sonkal nopunde ap taerigi,** (knifehand high front strike, bringing the back hand in front of the forehead, while standing up) normal motion, stepping to the side.

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5. **Stepping backwards/forwards; Gunnan so sang yop joomuk soopyong taerigi**, (walking stance twin side fist horizontal strike), maintain stance, **sonkal nopunde bandae ap taerigi** (knifehand high reverse front strike, bringing the palm of other hand on the elbow joint) normal motion, backwards.
6. **Stepping forwards/backwards; Gojung so sonkal kaunde bakuro makgi, sonbadak miro makgi**, (fixed stance knifehand middle outward block, palm pushing block), maintain same leg in front & slide to form **niunja so ap joomuk bandae jirugi**, (L-stance forefist reverse punch) normal motion, forwards.
7. **Stepping forwards/backwards; gunnun so dung joomok yopdwi taerigi**, then shift backwards while maintaining the stance, **gunnun so dung joomok ap taerigi**, walking stance side back strike with the backfist, shifting, execute front strike with the back fist.
8. **Stepping Forwards/backwards; gunnun so najunde sonkal bandae makgi, narani so sonbak golcho makgi, kaunde ap jiruigi**; walking stance low knife-hand reverse block step up to form parallel stance and execute hooking block with the palm and front middle punch.
9. Sliding backwards; **niunja so sonkal dung najunde daebi makgi** (circular motion) slip the back foot to form; **Nacho so upon sonkut bandae tulgi, nuerin tongjak**; I-stance reverse knife-hand low guarding block, slip the back foot into low stance flat fingertip reverse thrust in slow motion.
10. **Stepping Forwards; anun so yop joomok kaunde yop taerigi (baggi tongjak)** sliding sonbadak duro makgi, ap joomok kaunde ap jirugi yon gyol tonjak;

5th degree

1. **Stepping to the left first and then to the right: forming sasun sogi, sang sonbadak noollo makgi, adjusting the feet to gunnan 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 duro makgi, maintain stance and jajunbal nagagi, kaunde ap joomuk baro jirugi**, (L-stance palm scooping block, maintaining the L-stance, shift forward performing middle forefist obverse punch)
3. **Stepping forward gunnan so sonbadak baro noollo makgi, waebal so, nopunde dung joomuk, yopap taerigi**, (walking stance palm obverse pressing block, stepping up to one leg stance, high backfist side front strike)
4. **Jumping backwards, spinning 180 degrees, landing in niunja so kaunde palmok daebi makgi** (L-stance middle forearm guarding block)
5. **Step forward, gunnan so nopunde sonkal bandae yop makgi, move back foot into narani so sang sonkal soopyong taerigi** (walking stance knifehand high reverse side block, move back foot into to parallel stance twin knifehand horizontal strike)
6. **Sliding backwards dwitbal so nopunde palmok daebi makgi, adjust front foot to gunnan so kaunde sewo jirugi** (rearfoot stance high

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forearm guarding block, adjust front foot to middle vertical punch, reverse side)

7. **Jumping forwards, kyocha so dung joomuk nopunde yop taerigi**, slip the back leg into **gunnun so kaude sewo jirugi**; jumping forwards form x-stance back fist high side strike bringing the finger belly to the side fist, slip the back to form walking stance execute middle vertical punch.
8. **Stepping forwards/backwards; niunja so doo joomuk najunde jirugi, yap yonsul tae, guunun sogi, nopunde bandae jirugi**; L-stance low punch with the double fist, releasing motion into walking stance, execute high reverse punch (movement 17,18 & 19 of So-San)
9. Stepping Diagonally forwards/backwards; **gunnun so nopunde sonkal yop makgi, annun so ap jirugi (barin tongjak)**; stepping to the 45 degree angle walking stance knifehand high side block, sitting stance middle front punch – perform in fast motion.
10. Sliding forwards/backwards; **gojung so bakat palmok nopunde daebi makgi, niunja so ghin joomok nopunde bandae jirugi**; fixed stance outer forearm guarding block, pull the front foot into L-stance execute high punch with the long fist.

Balgi Sool (Foot Techniques)

The grading narrator will call foot techniques. As with fundamental movements, 6 techniques will be chosen from the list of 10 below.

From L Stance Guarding Block:

1st Kup

1. **Forwards from back leg, form guburyo junbi sogi and execute i-jung yop cha jirugi** (bending ready stance followed by double side piercing kick)
2. **Backwards:(front leg) Yop dollyo chagi, goro chagi, yop cha jirugi** (side turning kick, hook kick, side piercing kick consecutive)
3. **Forwards: Dollyo chagi from back leg step down foot to foot, dwit cha jirugi with other leg in fast motion** (turning kick from back leg, step down foot to foot perform back piercing kick with other leg in fast motion, as in Choong-Moo Tul)
4. **Naeryo chagi from back leg, yop cha jirugi** (downward kick from back leg, side piercing kick with same leg)
5. **Forwards: Bandae dollyo chagi neurin tongjak, yop cha jirugi** (reverse turning kick slow motion, side piercing kick)
6. **Twio dolmyo yop cha jirugi 180 degrees, yop cha jirugi** (mid arm side piercing kick turning 180 degrees, after landing, side piercing kick)
7. **Forwards; yop dollyo chagi, bandae dollyo chagi**; side turning kick, reverse turning kick (combination kick)
8. **Jumping backwards**; pihamiyo twimyo dwit cha jirugi, naeryo chagi.

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9. **Kicking from the back leg; goro chagi, dollyo chagi (consecutive kick)**
hooking kick, turning kick.
10. **Flying forwards; twimyo yop cha jirugi**, flying side piercing kick (same as movement 9 in Choong-Moo)

1st Degree

1. **I-jung Yop cha jirugi** (from the back leg, execute double side piercing kick)
Dwi-ro tora (turn about)
2. **Twigi Dollyo chagi, yop cha jirugi** (from back leg, jumping turning kick, after landing, side piercing kick with same leg)
Dwi-ro tora (turn about)
3. **Forwards: Bandoe dollyo chagi neurin tongjak, yop cha jirugi**
(reverse turning kick slow motion, side piercing kick)
Dwi-ro tora (turn about)
4. **Forwards: Twio dolmyo yop cha jirugi 180 degrees, yop cha jirugi**
(mid arm side piercing kick turning 180 degrees, after landing, side piercing kick)
Dwi-ro tora (turn about)
5. **Mikulmyo Naeryo chagi from back leg followed by yop cha jirugi**
(sliding forward, downward kick from back leg followed by side piercing kick with same leg)
6. **Twimyo bandoe dollyo goro chagi 180, yop cha jirugi** (jumping reverse hooking kick, 180, side piercing kick on landing)
7. **Forwards; Duro gamyo yopcha jirugi, yopcha jirugi**; skip side piercing kick, then execute side piercing kick, perform as a double kick.
8. From the back leg, **noolo chagi, yopcha jirugi**; pressing kick, side piercing kick perform as a consecutive kick.
9. From the back leg **dollyo chagi, twimyo bandoe goro chagi**; turning kick step down and execute flying reverse hooking kick.
10. Shifting forwards; **i-jung yopcha jirugi**; double shifting execute double side piercing kick

2nd Degree

1. **Forwards: Gokaeng-I chagi, yop cha jirugi**(pick shaped kick, side piercing kick)
Dwi-ro Tora (turn about)
2. **Forwards: Bandoe dollyo chagi (45 degrees), i-jung yop cha jirugi**
(reverse turning kick to 45 degrees, double side piercing kick)
Dwi-ro Tora (turn about)
3. **Forwards: Twio dolmyo yop cha jirugi 180 degrees, land and i-jung yop cha jirugi** (mid air side piercing kick 180 degrees, land and double side piercing kick)
4. **Backwards, Golcho chagi, Yop cha jirugi (Hooking kick, side piercing kick)**

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5. **Forwards: Banae dollyo goro chagi neurin tongjak, yop dollyo chagi, yop cha jirugi** (reverse hooking kick in slow motion, side turning kick, side piercing kick, consecutive)
6. **Twigi banae dollyo chagi** (jumping reverse turning kick)
7. **From the back leg; golcho chagi, yopcha jirugi;** hooking kick, side piercing kick perform as a consecutive kick (as movement 7 in Juche)
8. **Flying forwards, twimyo sangbang chagi – bituro chagi, yopcha jirugi;** flying twisting kick, side piercing kick
9. **Flying forwards; twio dolmyo dolloyo chagi, naeryo chagi,** flying midair turning kick (360 degree), downward kick.
10. **Backwards; goburyo chunbi sogi (B) dwitcha jirugi (nuerin tongjak); form ready bending stance (B) execute back piercing kick in slow motion.**

3rd Degree

1. **Kaunde bituro chagi** (middle twisting kick)
Dwiro Tora (turn about)
2. **Banae dollyo goro chagi, yop dollyo chagi, yop cha jirugi** (reverse hook kick, side turning kick, side piercing kick, consecutive)
Dwiro Tora (turn about)
3. **Forwards: Banae dollyo chagi (45 degrees), i-jung yop cha jirugi** (reverse turning kick to 45 degrees, double side kick, consecutive)
Dwiro Tora (turn about)
4. **Forwards: Twio dolmyo yop cha jirugi 180 degrees, ijung yop cha jirugi** (mid arm side piercing kick 180 degrees, double side piercing kick)
5. **Twimyo banae dollyo chagi, pihamyong,** (Jumping reverse turning kick while dodging backwards)
6. **Dwitcha jirugi neurin tongjak, yop cha jirugi** (back piercing kick in slow motion, side piercing kick)
7. **From the back leg; bandal chagi, yopcha jirugi;** crescent kick side piercing kick perform as a consecutive kick
8. **From the back leg; Suroh chagi, golcho chagi yopcha jirugi;** sweeping kick, hooking kick, side piercing kick.
9. **Forwards from the back leg: gokaeng-I chagi, yopcha jirugi, twio dwitcha jirugi;** pick shape kick, side piercing kick, jumping back piercing kick.
10. **Forwards banae goro chagi (nuerin tongjak) yopcha jirugi; reverse hooking kick in slow motion, side piercing kick.**

4th degree & 5th degree

1. **Forwards: Nopunde bituro chagi** (high twisting kick. Perform a double step before the kick and step behind afterwards into guarding block)
Dwiro Tora (turn about)
2. **Twimyo dwitcha jirugi, land and perform ijung yop cha jirugi** (jumping back piercing kick, land and perform double side piercing kick)

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3. **Backwards: (front leg) Yop momchau chagi, yopcha tulgi** (side checking kick, side thrusting kick)
4. **Dwitcha jirugi neurin tongjak, i-jung yop cha jirugi** (back piercing kick in slow motion, double side piercing kick)
5. **Forwards: Bandoe dollyo goro chagi neurin tongjak, yop dollyo chagi, yop cha jirugi** (reverse hooking kick in slow motion, side turning kick, side piercing kick, consecutive)
6. **Twimyo bandoe dollyo chagi, yop cha jirugi** (jumping reverse turning kick, side piercing kick)
7. **Dwitcha jirugi, yop dollyo chagi;** back piercing kick, side turning kick (kicking to C then to D with the same leg)
8. **Flying forwards; Twimyo apcha busigi, naeryo chagi;** flying front snap kick, downward kick.
9. **Forwards;** Suroh chagi, Gokaeng-I chagi; sweeping kick, pick shape kick.
10. **Forwards;** yopcha milgi, badae dollyo chagi; side pushing kick, reverse turning kick.

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.**

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 their 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 defence aspects of the grading.

- 1st Kups will perform 1 step sparring and either 2 or 3 step sparring
- Those testing for 2nd Dan will perform 2 and or 1 step sparring as well as model sparring
- Those testing for 3rd Dan will perform foot sparring and a 30 second pre-arranged free sparring routine

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- For those testing for 4th Dan and above any combination of 3,2,1 step or foot sparring to be performed and a 40 second pre-arranged free sparring routine

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)

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

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

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:

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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

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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: Bandoe dollyo chagi

Ilbo Matsogi (1 step sparring)

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

Both attacker and defender begin from parallel ready stance.

No pre-measuring of distance in 1 step.

Mobum Matsogi (Model Sparring)

This is very similar to one step sparring, however the defender may perform a single or multiple counter attacks. The attack and defence will be performed first at normal speed and then repeated in slow motion

Bal Matsogi (Foot Sparring)

This type of sparring is similar to one step sparring. Attack and defence techniques are performed with the feet only. Ready position is optional, however both people must shout "ya" as a ready signal.

Yak So Cha Yu Matsogi (Pre-arranged free sparring)

The candidates perform a prearranged sequence of ITF Taekwon-Do techniques that enables them to exhibit a wide variety of techniques and applications as shown in the encyclopaedia, manuals and/or CD-ROM, and as taught during the International Instructor Courses (IICs) and ITA Technical seminars. The routine will begin with both candidates in niunja so palmok daebi makgi and finish with the execution of a "killing blow". Further guidelines are available in the ITF Taekwon-Do encyclopaedia (1999 ed) or at this link;

<https://www.youtube.com/watch?v=LT0hXyRWdU8>

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.

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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.

1. The level of response from the Defender should match the level of threat presented from the attacker(s) at all times during the defence
2. Where possible, the Defender should stop the attack at the earliest stage possible with least need for aggression & physical contact
3. The defensive solution applied should be effective, easy to use under stress and not overly complicated
4. 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
5. 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).
6. The defensive technique applied should minimise the need for physical size & strength on the part of the defender

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7. 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:

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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 be 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).

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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.