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## *ITF-TAO 3<sup>rd</sup> Dan Grading Requirements*

There are various levels of criteria that must be met in order to achieve the rank of 3rd Dan. A minimum of 2 (two) active years as a 2<sup>nd</sup> Dan black belt, a minimum of 7 years of Taekwon-Do training and a minimum of 17 years of age.

### Physical Test:

(Performed on the test day)

5 min. skipping (continuous) 30 push-ups, 30 sit-ups, 10 berpees

### Fundamental movements

At the examiners discretion (foot and hand techniques from patterns)

### Pattern:

Chon-Ji Tul – Juche Tul

### Sparring:

3-step sparring (minimum 5)

2-step sparring (minimum 5)

1-Step sparring (minimum 5)

Model sparring (1-3 from the condensed encyclopedia)

Free sparring (1 on 1, 2 on 1, 3 on 2)

### Self-defense:

Minimum of 15 different techniques (releasing, controlling, damaging)

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## **Breaking:** (30 boards)

Selected from the following:

- Power foot (foot sword, ball of foot, back of heel)
- Power hand (fore fist, knife hand, reverse knife hand)
- Special technique (flying high kick, flying turning kick, flying twisting kick)
- Speed (foot and hand)
- 3 targets in the air with the foot
- 3 concrete slabs with downward knife hand strike (adult men) 2 concrete slabs for women

## **Theory:**

- Pattern meanings (all 15 patterns)
- Stance and technique for 3 patterns (at the examiner's discretion)
- Belt meanings (all 6 belts)
- 3-step sparring meaning
- 2-step sparring meaning
- 1-step sparring meaning
- 9 training secrets
- 6 factors in the theory of power
- Founder of Taekwon-Do
- Founding date of Taekwon-Do
- Founding date of ITF (as well as the 9 countries)