



## HOME of International Taekwon-Do and (ITF)

### 國際跆拳道本山

**Society Application for Rank 14 years of age and over (Black Belt) Promotion Test Pattern (Tuls) plus Required Techniques (for example)**

1 <sup>st</sup> Dan Degree	Choong-moo, Gwang-Gae	For example free sparring, 1 step sparring, foot semi free sparring, self-defense techniques, fore speed fist power, knife hand ro reverse turning kick, flying turning kick, free sparring, Tuls No. 1, 2, 3	1 years have 2nd Dan degree practice qualification Examination can
2 <sup>nd</sup> Dan Degree	Po-Eun, Ge-Baek	knife-hand, Over-head kick, flying high kick, food semi free sparring techniques, 1 step sparring, reverse turning kick left/right, flying turning kick left/right, flying high-kick left/right, free sparring, Tul No.1, 2, 3	2 years have 3rd Dan Degree Practice quality Exam can
3 <sup>rd</sup> Dan Degree	Eul-Am, Choong-Jang	1 step sparring, 1-2 free sparring red belt and 1 st dan black belt), (foot semi free sparring), (self-defense fake knife attack), (flying turning kick left/right), (Reverse turning kick left/right), free sparring, Tuls No.1, 2, 3, 4	3 years have 4th Dan Degree Practice quality Exam can
4 <sup>th</sup> Dan Degree	Ko-Dang, Sam-Il	(1-2 free sparring 1st dan black belt 2 people), (foot semi free sparring), self-defense techniques, (1 step sparring), flying reverse turning kick left/right, over-head kick, fake pistol defense, knife defense, free sparring, Tuls No. 1, 2, 3, 4, 5 and all good you are now Home of International Authentic Taekwondo Excellent instructor	4 years have 5th Dan Degree Practice quality Exam can
5 <sup>th</sup> Dan Degree	Yoo-Sin, Choi-Yong	(1-2 free sparring 1st dan 2 people), foot semi-free sparring, (self-defense pistol), flying reverse turning kick left/right, over-head kick, knife free sparring, 1 step sparring, Tuls No. 1, 2, 3, 4, 5	5 years have 6th Dan Degree Practice quality Exam can
6 <sup>th</sup> Dan Degree	Yon-Gae, Ul-Ji	Taekwondo learning Academic Subjects Include previous Ranks, however, an additional can teach different Subjects at the discretion of the instructor	6 years have 7th Dan Degree Practice quality Exam can
7 <sup>th</sup> Dan Degree	Moon-Moo, So-San	Taekwondo learning Academic Subjects Include previous Ranks, however, additional techniques differ in Subjects at the discretion of the instructor	7 years have 8th Dan Degree Practice quality Exam can
8 <sup>th</sup> Dan Degree	Se-Jong + 1	Taekwondo learning Academic Subjects Include previous Ranks, however, additional techniques differ in Subjects at the discretion of the instructor Pioneer Grand Master YooSun Lee Recommendation is to exercise lightly the Tuls for Grand Master 70 years of age lite exercise recommended for health	8 years have 9th Dan Degree Practice quality Exam can
9 <sup>th</sup> Dan Degree	Tong-Il + 1	Taekwondo learning Academic Subjects Include previous Ranks, however, additional techniques differ in Subjects at the discretion of the instructor Pioneer Grand Master YooSun Lee Recommendation is to exercise lightly the Tuls for Grand Master 70 years of age lite exercise recommended for health	9th Dan Degree Black belt Grand Master is Day-to-Day practice Tuls for Health Until life time +

