

USAT Dan Promotion Requirements

(All of these requirements fit with the KKW requirements. There is no reason to show individual basic technique as that should be covered by poomsae, sparring and breaking. I am trying to stay away from “club requirements” that may not be standard everywhere [ie.: creative poomsae and self defense]. I am also leaving the course credits out as I don’t know if anyone has had time to accrue them at this time.)

1st Dan/Poom:

Taegeuk/Palgwe 1-8. Judges choose 2 or 3 poomsae from 1-7 and the candidate must perform 8.

Sparring: 2 minutes of Olympic sparring

Written essay: Benefits of Taekwondo on personal life or What Taekwondo means to you? (minimum 3 pages)

Breaking: Using a 1”X12” board cut 10” long (1x12x10) perform one hand break, one stationary kicking break (ie.: front, side, back kick) and one spinning kick break. All single station, not a 3 station break.

2nd Dan/Poom:

Taegeuk/Palgwe 1-8 and Koryo. Judges choose 3 or 4 poomsae from 1-8 and the candidate must perform Koryo.

Sparring: 2 minutes of Olympic sparring

Written essay: Leadership as a black belt (minimum 3 pages)

Breaking: Using a 1”X12” board cut 10” long (1x12x10) perform one hand break, one jumping kick break and one spinning kick break. All single station, not a 3 station break.

3rd Dan/Poom:

Taegeuk/Palgwe 1-8, Koryo and Keumgang. Judges choose 3 or 4 poomsae from 1-Koryo and the candidate must perform Keumgang.

Sparring: 2 minutes of Olympic sparring

Written essay: candidate’s choice of topic (minimum 5 pages)

Breaking: Using 1”X12” boards cut 10” long (1x12x10), 2 boards per break, perform one hand break, one stationary kick Break, one jumping kick break and one spinning kick break. All single station.

4th Dan/Poom:

Taegeuk/Palgwe 1-8, Koryo, Keumgang and Taebaek. Judges choose 3 or 4 poomsae from 1-Keumgang and the candidate must perform Taebaek.

Sparring: 2 minutes of Olympic sparring

Written essay: candidate’s choice of topic (minimum 5 pages)

Breaking: Using 1”X12” boards cut 10” long (1x12x10), 2 boards per break, perform one hand break, one stationary kick Break, one jumping kick break and one spinning kick break. All single station.

5th Dan:

Taegeuk/Palgwe 1-8, Koryo, Keumgang, Taebaek and Pyongwon. Judges choose 3 or 4 poomsae from 1-Taebaek and the candidate must perform Pyongwon.

Sparring: 2 minutes of Olympic sparring

Written essay: candidate’s choice of topic (minimum 5 pages)

Breaking: Using 1”X12” boards cut 10” long (1x12x10), 2 boards per break, perform one hand break, one stationary kick Break, one jumping kick break and one spinning kick break. All single station.

6th Dan:

Taebaek, Pyongwon, Shipjin and Jitae. Judges choose 2 from Taebaek, Pyongwon, Shipjin and the candidate must perform Jitae.

Sparring: 2 minutes of Olympic sparring

Written essay: candidate’s choice of topic (minimum 10 pages)

Breaking: Using 1”X12” boards cut 10” long (1x12x10), 2 boards per break, perform one hand break, one stationary kick Break, one jumping kick break and one spinning kick break. All single station.

7th Dan:

Pyongwon, Shipjin, Jitae, and Cheonkwon. Judges choose 2 from Pyongwon, Shipjin and Jitae and the candidate must perform Cheonkwon.

Sparring: 2 minutes of Olympic sparring

Written essay: candidate’s choice of topic (minimum 10 pages)

Breaking: Using 1”X12” boards cut 10” long (1x12x10), 2 boards per break, perform one hand break, one stationary kick Break, one jumping kick break and one spinning kick break. All single station.

8th Dan: (currently the KKW does not permit 8th or 9th Dan KKW certificate testing anywhere but at KKW. USAT can issue it’s own 8th or 9th Dan certificates though.

Shipjin, Jitae, Cheonkwon, Hansoo. Judges choose 2 from Shipjin, Jitae and Cheonkwon and the candidate must perform Hansoo.

Written essay: candidate’s choice of topic (minimum 10 pages)

No breaking or sparring.

Interview by test board.

9th Dan:

Jitae, Cheonkwon, Hansoo, Illyo. Judges choose 2 from Jitae, Cheonkwon and Hansoo and the candidate must perform Illyo.

Written essay: candidate’s choice of topic (minimum 10 pages)

No breaking or sparring.

Interview by test board.