



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

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## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

### 1<sup>st</sup> – 3<sup>rd</sup> Dan - Physical and Written Exam

Written Exam:

- Each Dan has a specific exam for their level

Essay:

- Topic of your choice. Must be approved by your head instructor  
Suggestions - your journey to becoming a black belt, learning journey, etc.
- Minimum four pages, single-spaced, font size 10
- Printed and electronic copies

Part 1: Skipping, Push-ups, and Sit-ups

- Skipping - three (3) rounds at 2-minute per round (1-minute rest between rounds)
- Push-ups - five (5) rounds of 50 push-ups in 1-minute (1-minute rest between rounds)
- Sit-ups - five (5) rounds of 50 sit-ups in 1-minute (1-minute rest between rounds)

Part 2: Run

- 1<sup>st</sup> Dan running - 3.2 km in 18 minutes or under (8 laps on track)
- 2<sup>nd</sup> Dan running - 6.4 km in 36 minutes or under (16 laps on track)
- 3<sup>rd</sup> Dan running - 10 km in 60 minutes or under (25 laps on track)
- All Dans - 200 metre sprint right after running requirements are met  
(1/2 lap on track)

### 4<sup>th</sup> – 8<sup>th</sup> Dan - Physical Exam (not required)

No physical and/or written exam required for 4<sup>th</sup> – 8<sup>th</sup> Dan



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

### 1<sup>st</sup> Dan – Technical Exam

#### Requirements:

- Minimum of 2 years training
- Fulfill duty as an assistant instructor by assisting the colour belt classes and your dojang's events
- Attend one of the following CHITF-sanctioned events: Seminar, National / International Tournament

#### Patterns:

- all colour belt patterns

#### Sparring:

- Step sparring
  - 3-step sparring: yellow stripe to green stripe
  - 2-step sparring: green belt
  - 1-step sparring: green belt to black stripe
- Free sparring
  - 1 vs. 1
  - 2 (or more) vs. 1

#### Self-defence:

- White to black stripe techniques
- Knife defence (ice pick and upward stab)

#### Breaking:

- Power (two to three 1-inch boards): hand or foot technique
- Special (one to two thin boards):
  - If one board: suspended, flying sidekick (height or distance)
  - Two boards: multiple targets in the air

#### Oral/Spoken exam: theory

- Question from examination board

#### Student Learning:

- Present your notebook to examination board



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

### 2<sup>nd</sup> Dan – Technical Exam

#### Requirements:

- Minimum of 1.5 years training
- Fulfill duty as an assistant instructor by assisting the colour belt classes and your dojang's events
- Attend one of the following CHITF-sanctioned events: Seminar, National / International Tournament (compete and umpire), Umpire Course

#### Patterns:

- Two random colour belt patterns
- All three 1<sup>st</sup> dan patterns

#### Sparring:

- Step sparring: create three from each 1<sup>st</sup> dan pattern
- Model sparring: create three with a minimum of three counterattacks
- Free sparring
  - 1 vs. 1
  - 2 (or more) vs. 1

#### Self-defence:

- Against knife

#### Breaking:

- Power (three to four 1-inch boards): hand or foot technique
- Special (one to three thin boards):
  - If one board: suspended, flying sidekick (height or distance)
  - Two to three boards: multiple targets in the air

#### Oral/Spoken exam: theory

- Question from examination board

#### Student Learning:

- Present your notebook to examination board



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

### 3<sup>rd</sup> Dan – Technical Exam

#### Requirements:

- Minimum of 2 years training
- Fulfill duty as an assistant instructor by assisting the colour belt classes and your dojang's events
- Attend one of the following CHITF-sanctioned events: Seminar, National / International Tournament (compete and umpire), Umpire Course

#### Patterns:

- One random colour belt pattern
- One random 1<sup>st</sup> Dan pattern
- All three 2<sup>nd</sup> Dan patterns

#### Sparring:

- Step sparring: create three from each 2<sup>nd</sup> Dan pattern
- Model sparring: create five with a minimum of three counterattacks
- Free sparring
  - 1 vs. 1
  - 2 (or more) vs. 1

#### Self-defence:

- Against knife, stick defence, and multiple opponents

#### Breaking:

- Power (four to five 1-inch boards): hand or foot technique
- Special (one to four thin boards):
  - If one board: suspended, flying sidekick (height or distance)
  - Two to three boards: multiple targets in the air

#### Oral/Spoken exam: theory

- Question from examination board

#### Student Learning:

- Present your notebook to examination board



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

### 4<sup>th</sup> Dan – Technical Exam

#### Requirements:

- Minimum of 3 years of training
- Fulfill duty as an instructor by either assisting or teaching the colour belt classes. Play an active role in leading your dojang's activities
- Must be approved by a CHITF grandmaster, senior master or master. If the country does not have a CHITF master, an application must be sent to CHITF Headquarters. CHITF Headquarters will appoint an authorized examiner to administer the exam. If an examiner can't be found, then a virtual exam via Zoom or pre-recorded video will be considered in a case-by-case scenario
- Attend one of the following CHITF-sanctioned events: National / International Course, International or national tournament (compete and umpire), Umpire Course

#### Essay:

- Topic of your choice. Must be approved by your head instructor  
Suggestions - philosophical, journey to being an instructor, etc.
- Minimum four pages, single-spaced, font size 10
- Printed and electronic copies

#### Patterns:

- One random colour belt pattern
- One random 1<sup>st</sup> Dan pattern
- One random 2<sup>nd</sup> Dan pattern
- All three 3<sup>rd</sup> Dan patterns

#### Sparring:

- Step sparring: create three from each 3<sup>rd</sup> dan pattern (include weapons: knife, stick)
- Model sparring: create five with a minimum of three counterattacks
- Free sparring
  - 1 vs. 1
  - 2 (or more) vs. 1

#### Self-defence:

- Weapons self-defence already included in step sparring



## **CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements**

### Breaking:

- Power (four to five 1-inch boards): hand or foot technique
- Special (one to four thin boards):
  - If one board: suspended, flying sidekick (height or distance)
  - Two to three boards: multiple targets in the air

### Oral/Spoken exam: theory

- Question from examination board

### Student Learning:

- Present your notebook to examination board



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

### 5<sup>th</sup> Dan - Technical Exam

#### Requirements:

- Minimum of 4 years of training
- Fulfill duty as an instructor by either assisting or teaching the colour belt classes. Play an active role in leading your dojang's activities
- Must be approved by a CHITF grandmaster, senior master or master. If the country does not have a CHITF master, an application must be sent to CHITF Headquarters. CHITF Headquarters will appoint an authorized examiner to administer the exam. If an examiner can't be found, then a virtual exam via Zoom or pre-recorded video will be considered in a case-by-case scenario
  - Application must include copies of CHITF Instructor and Umpire certificates
- Attend one of the following CHITF-sanctioned events: International Instructor Course, National / International tournament (compete and umpire), Umpire Course.

#### Essay:

- Topic of your choice. Must be approved by your head instructor  
Suggestions - philosophical, journey to being an instructor, etc.
- Minimum four pages, single-spaced, font size 10
- Printed and electronic copies

#### Patterns:

- One random colour belt pattern
- One random 1<sup>st</sup> Dan pattern
- One random 2<sup>nd</sup> Dan pattern
- One random 3<sup>rd</sup> Dan pattern
- All three 4<sup>th</sup> Dan patterns

#### Sparring:

- Step sparring: create three from each 4<sup>th</sup> dan pattern (include weapons: knife, stick, and gun)
- Model sparring: create five with a minimum of three counterattacks
- Free sparring
  - 1 vs. 1
  - 2 (or more) vs. 1





## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

Self-defence:

- Weapons self-defence already included in step sparring

Breaking:

- Power (four to five 1-inch boards): hand or foot technique
- Special (one to four thin boards):
  - If one board: suspended, flying sidekick (height or distance)
  - Two to three boards: multiple targets in the air

Oral/Spoken exam: theory

- Question from examination board

Student Learning:

- Present your notebook to examination board



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

### 6<sup>th</sup> Dan - Technical Exam

#### Requirements:

- Minimum of 5 years of training
- Fulfill duty as an instructor by assisting or teaching the colour belt classes. Play an active role in leading your dojang's activities
- Must be approved by a CHITF grandmaster, senior master or master. If the country does not have a CHITF master, an application must be sent to CHITF Headquarters. CHITF Headquarters will appoint an authorized examiner to administer the exam. If an examiner can't be found, then a virtual exam via Zoom or pre-recorded video will be considered in a case-by-case scenario
  - Application must include copies of CHITF Instructor and Umpire certificates
- Attend one of the following CHITF-sanctioned events: International Instructor Course, National / International tournament (compete and umpire), Umpire Course

#### Essay:

- Topic of your choice. Must be approved by your head instructor  
Suggestions - philosophical, journey to being an instructor, etc.
- Minimum four pages, single-spaced, font size 10
- Printed and electronic copies

#### Patterns:

- One random colour belt pattern
- One random 1<sup>st</sup> Dan pattern
- One random 2<sup>nd</sup> Dan pattern
- One random 3<sup>rd</sup> Dan pattern
- One random 4<sup>th</sup> Dan pattern
- Both 5<sup>th</sup> Dan patterns

#### Sparring:

- Step sparring: create three from each 5<sup>th</sup> dan pattern (include weapons: knife, stick, and gun)
- Model sparring: create five with a minimum of three counterattacks
- Free sparring
  - 1 vs. 1
  - 2 (or more) vs. 1



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

Self-defence:

- Weapons self-defence already included in step sparring

Breaking:

- Power (four to five 1-inch boards): hand or foot technique
- Special (one to four thin boards):
  - If one board: suspended, flying sidekick (height or distance)
  - Two to three boards: multiple targets in the air

Oral/Spoken exam: theory

- Question from examination board

Student Learning:

- Present your notebook to examination board



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

### 7<sup>th</sup> Dan - Technical Exam Master

#### Requirements:

- Minimum of 6 years of training
- Fulfill duty as an instructor by either assisting or teaching the colour belt or black belt classes. Play an active role in leading your dojang's activities
- Must be approved by CHITF Promotion Board
  - Application must include copies of CHITF Instructor and Umpire certificates
- Attend the following CHITF-sanctioned events: International Instructor Course, National/International tournament (compete and umpire), and Umpire Course.

#### Essay:

- Topic of your choice. Must be approved by your head instructor  
Suggestions - journey to becoming a Master, becoming a school owner, etc.
- Minimum four pages, single-spaced, font size 10
- Printed and electronic copies

#### Patterns:

- One random colour belt pattern
- One random 1<sup>st</sup> dan pattern
- One random 2<sup>nd</sup> dan pattern
- One random 3<sup>rd</sup> dan pattern
- One random 4<sup>th</sup> dan pattern
- Both 5<sup>th</sup> dan patterns
- Tong Il

#### Sparring:

- Step sparring: create nine from any pattern
- Model sparring: create five with a minimum of three counterattacks
- Free sparring
  - 1 vs. 1
  - 2 (or more) vs. 1

#### Self-defence:

- Your choice



## **CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements**

Breaking:

- Your choice

Oral/Spoken exam: theory

- Question from examination board

Student Learning:

- Present your notebook to examination board



## CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements

### 8<sup>th</sup> Dan - Technical Exam Senior Master

#### Requirements:

- Minimum of 7 years of training
- Must be approved by a CHITF Promotion Board
  - CHITF will reach out to the individual, notifying them of their eligibility. No one should ask for their 8<sup>th</sup> dan promotion
- Must show leadership, services, contributions, and community work to further develop CHITF and Taekwon-Do

#### Essay:

- Topic of your choice. Must be approved by your head instructor:  
Suggestions - journey to becoming a Grand Master, becoming a school owner, etc.
- Minimum four pages, single-spaced, font size 10
- Printed and electronic copies

#### Student Learning:

- Present your notebook to examination board



## **CHITF Black Belt 1<sup>st</sup> – 8<sup>th</sup> Dan Exam Requirements**

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