

ETF Rules for Belt testings

ETF Grading Rules 5.0

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CONDITIONS FOR PARTICIPATION for ETF BELT TESTINGS

GENERAL CONDITIONS

- 01 Mastering the prescribed curriculum according to the ETF rules
- 02 Maintaining the required time frame between grades or permission from the instructor based on achievements
- 03 Written registration using the grading entry form and paying the grading fee and certificate fee
- 04 Clean and tidy Taekwondo clothing (**clean and good-looking white Dobok without promotional writings on it**) with belt
- 05 FULL EQUIPMENT has to be brought for grading (if necessary according to the ETF rules) (= protective equipment for sparring, training weapons for self-defence and breaking materials)
- 06 The grading fee is non-refundable in case of absence
- 07 The participation in grading is at the testee's own risk.
The host and organizer cannot be held responsible for any injuries or losses resulting from the participation.
- 08 The testee who is not following the ETF Grading Rules or the orders of the grading panel will be immediately excluded from the grading.
- 09 The participation is not possible without complete registration or without complete equipment.

All rules included in the official invitation for the respective grading are also considered as conditions for participation.

THE PROTECTIVE EQUIPMENT CONSISTS OF...

...for full-contact

forearm protectors, shin protectors, groin guard, trunk protector (hogoo), headgear.

Gum shield is compulsory for testees wearing dental apparatus. Instep protectors are allowed, but not compulsory.

Participants under the age of 18 have to wear foot protectors (safeties).

...for light- and semi-contact or Kickboxing

headgear, groin guard, gum shield, foot and hand protectors (boxing gloves)

Forearm and shin protectors are allowed, but not compulsory.

The fighting and protective equipment is required according to the ETF Competition Rules.

CHILDREN AND YOUNGSTERS

1. Self-defence techniques are not required for children under the age of 10.
For children and youngsters up to 16 years of age only pure releasing techniques are required.
 2. Children and youngsters under 18 years of age are not required to prove umpire/teacher/examiner experience.
 3. Up to the age of 16 only Dan grades from 1st to 3rd Dan can be achieved.
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OTHER ITEMS

Forms:

The type of forms presented is free. Both Poomsae and Tul/Hyong can be presented, as well as Taekwondo forms from other styles, which can be scored by the given examiner. Starting with 2nd Dan test freestyle patterns are also allowed.

The type of patterns chosen by the testee has to be specified during registration.

Sparring:

For participants over 30 years of age the competition type sparring is not compulsory for grading. The participation in TKD tournaments in disciplines sparring, patterns or breaking is recognized as tournament experience. For participants who are non competitive the participation as umpire is also recognized as tournament experience.

Breaking:

The boards used for breaking for children, youngsters and participants over 50 years of age have to be min. 1 cm thick. For all the other participants at least 2 cm.

In case of a very challenging breaks thinner boards are also allowed, if agreed with the examiner in advance. For special breaking, all types of breaking material are allowed. Each breaking is performed on the testee's own risk, including the risk of losses and injuries.

Time frames between grades:

Holders of 1st Kup (the highest student grade) can take part in the next Dan gradings, if the necessary number of classes was completed. There is no fixed time frame for the higher Dan grades. As the general rule, a preparation time of ca. 1 year between 1st and 2nd Dan is suggested. For higher grades, the preparation time should be considerably longer. Participation in two Dan gradings in the same year is usually not allowed, except of a second attempt after a failed grading.

Other:

The experience as teacher/coach, as well as the proof of the preparation time, has to be confirmed by the instructor of the testee. During Dan gradings, special rules can be introduced regarding the whole testing requirements, if agreed between the examiner and the instructor of the school.

Grading Rules KICKBOXING

ETF Grading Rules for Kickboxing belt grades do not correspond to ETF Taekwondo Belt rules.

See special regulations for Kickboxing.

TESTING REQUIREMENTS

for ETF BELT TESTINGS

ETF STUDENT GRADES

| | |
|----------------|-------------------|
| 10. Kup | White belt |
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- > Beginners wear white belt with their Dobok

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| 9. Kup | White-yellow belt |
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- > Dojang rules
- > Basic hand and foot techniques (on command)
- > Partner exercises

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| 8. Kup | Yellow belt |
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- > Program for 9.Kup
- > One step sparring
- > 4 direction techniques

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| 7. Kup | Yellow-green belt |
|---------------|--------------------------|

- > Program for 8.Kup
- > Form No 1

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|---------------|-------------------|
| 6. Kup | Green belt |
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- > Program for 7.Kup
- > Form No 2
- > Self-defence against grabs

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|---------------|------------------------|
| 5. Kup | Green-blue belt |
|---------------|------------------------|

- Program for 6.Kup
 - > Form No 3
 - > Sparring (training type) without contact

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|---------------|------------------|
| 4. Kup | Blue belt |
|---------------|------------------|

- > Program 5.Kup
- > Form No 4
- > Sparring (training type) with protective equipment
- > Breaking (1 hand technique or 1 foot technique)
- > Self-defence against different types of grabs and holds
- > Theoretical knowledge

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| 3. Kup | Blue-red belt |
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- > Program for 4.Kup
- > Form No 5

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|---------------|-----------------|
| 2. Kup | Red belt |
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- > Program for 3.Kup
- > Form No 6
- > Competition type sparring
- > Self-defence against kicks, punches and strangle holds
- > Combination break (1 hand technique and 1 foot technique)

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| 1. Kup | Red-black belt |
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- > Program for 2.Kup
- > Form No 7

ETF BLACK BELTS

Master Student Grades

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|---------------|-------------------|
| 1. DAN | Black belt |
|---------------|-------------------|

- > Program up to 1.Kup
- > Form No 8
- > Competition sparring, full- or light-contact (up to 30 years of age)
- > General self-defence (up to 15 years of age)
- > Self-defence against dangerous attacks (16 years of age and over)
- > Combination break (= 1 hand technique + 2 spinning or jumping/flying kicks)
- > Proof of tournament experience
- > or proof of umpire experience

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|---------------|-------------------|
| 2. DAN | Black belt |
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- > Program up to 1.Dan
- > Form No 9 + one traditional form (No 10 or higher) or one Freestyle-Form
- > Competition sparring, full- or light-contact (up to 30 years of age)
- > General self-defence (up to 15 years of age)
- > Self-defence against multiple opponents (16 years of age and higher)
- > Combination break (= multiple break with at least 2 kicks)
- > Proof of tournament experience
- > or proof of umpire experience (in the year of testing or 1 year before)

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| 3. DAN | Black belt |
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- Program up to 2.Dan
 - > Form No 11 + one traditional form (No 12 or higher) or one Freestyle-Form
 - > Competition sparring, full- or light-contact (up to 30 years of age)
 - > General self-defence (up to 15 years of age)
 - > Self-defence against baton and knife attacks (16 years of age and older)
 - > Special breaking (power break or acrobatic break)
 - > Proof of tournament experience
 - > or proof of umpire experience (in the year of testing or 1 year before)

Master Grades

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| 4. DAN | Black belt |
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- > Form No 13 + one traditional form (No 14 or higher)
or one Freestyle-Form
- > Competition sparring, full- and light-contact (up to 30 years of age)
= basic knowledge in different sparring styles (seminar certificate)
- > Self-defence against multiple opponents and against armed
opponents (seminar certificate)
- > Special breaking (power break or acrobatic break)
- > ETF B-class examiner licence
- >a) Proof of tournament experience
 or proof of succesful competition coaching (with achievements in
 sparring or technical categories)
- >b) or ETF B-umpire licence with practical experience in the year of
testing or the year before
(a-b not valid for only technical testing)

As an alternative to the requirements above (for forms, self-defence
and breaking)

- > staged demonstration with partners, which has to include forms,
self-defence and breaking

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| 5. DAN | Black belt |
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- > Form No 15 + one traditional form (No 16 or higher)
or one Freestyle-Form
- > Competition sparring, full- and light-contact (up to 30 years of age)
= basic knowledge in different sparring styles (seminar certificate)
- > Self-defence against multiple opponents and against armed
opponents (seminar certificate)
- > Special breaking (power break or acrobatic break)
- > ETF B-class examiner licence
- >a) Proof of tournament experience
 or proof of succesful competition coaching (with achievements in
 sparring or technical categories)
- >b) or ETF B-umpire licence with practical experience in the year of
testing or the year before
(a-b not valid for only technical testing)

As an alternative to the requirements above (for forms, self-defence
and breaking)

- > staged demonstration with partners, which has to include forms,
self-defence and breaking

- instructor/school leader experience or proof of
practical/theoretical works on the area of sport TKD

ETF Honorary Grades ("Grandmaster")

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| 6. DAN | Black belt with 1 star |
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- > Technical testing at the candidate's wish only
- > The program is based on the 5th Dan requirements with forms No 16 and higher

> or honorary based on special achievements and qualified work in the ETF

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| 7. DAN | Black belt with 2 stars |
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- > honorary on application; similar to 6th Dan

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| 8. DAN | Black belt with 3 stars |
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- > honorary on application; similar to 7th Dan

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| 9. DAN | Black belt with 4 stars |
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- > honorary on application; similar to 8th Dan

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|----------------|--------------------------------|
| 10. DAN | Black belt with 5 stars |
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- > honorary on application
- > decided by the majority of ETF Dan grade holders of 5th Dan and above

Note: The above testing rules for coloured and black belts are general rules. The testing requirements can be modified based on agreement with the instructor/school leader.
For example, certain areas can be stressed according to the age and level of proficiency of the testees (forms, sparring, breaking)

For Dan gradings special regulations can be made if agreed by the examiners with the instructor/school leader.

For passing a test or bestowing an ETF Kup/Dan grade the character of the testee is considered as well as theoretical and practical knowledge.

Bestowing of ETF-KUP grades (9.-1.Kup)

without technical test

Honorary for members or other persons by decision of an ETF examiner

Bestowing of ETF-DAN grades (2.Dan and up)

without technical test

Honorary for members, who achieved at least the 1st Dan through technical test

Minimal age; 30 years

- a) based on 5 years of active and qualified work als umpire on ETF tournaments
- b) based on 5 years of active and qualified work as instructor or competitor in the ETF
- c) based on other special achievements in Taekwondo and the ETF

Application for honorary ETF Dan grades have to be sent to the ETF Headoffice, also in special cases which are not covered in these rules.

Bestowing of honorary ETF Dan grades is decided by the ETF-Promotion Committee or by a panel of three holders of highest ETF Dan grades from at least two nations and takes place at an ETF event.

Bestowing of a 10th Dan is an exceptional situation. It is possible for any ETF Dan holder of 5th Dan and above who is elected as ETF President or Honorary President and is at least 40 years of age.

In case of a resignation from this position or electing another person the 10th Dan holder will be automatically demoted to 9th Dan. This grade is valid as long as the person is still the ETF member.

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