

TEST (Simsa)

There are two categories; grade and degree. Grade testing is conducted at an appropriate gym to which the student belongs.

Degree testing up to third is conducted by a promotion board composed of more than three and less than seven members of the association or federation of their parent country.

Fourth to eighth degree will be tested by the promotion committee of the International Taekwon-Do Federation. As far as ninth degree is concerned, unanimous consent has to be granted by a special committee which shall consist of 9 members who are holders of either 7th or 8th degree recognized by the International Taekwon-Do Federation.

The power test is strictly prohibited for children, for it may cause bone or muscle damage.

Note:

A qualified instructor may test up to one half of his holding degree; for example, 4th degree may test up to 2nd; 6th degree up to 3rd degree.

THE CONTENTS OF THE TEST FOR GRADES

Grade	Pattern	Sparring	Power	Education	Attitude	Total	Average	Remarks
10th	4 direction punch		/					
	4 direction block							
9th	4 direction block	3-Step alone	/					
	Chon-Ji							
8th	Chon-Ji	3-Step	/					
	Dan-Gun							
7th	Dan-Gun	3-Step	/					
	Do-San	2-Step						
6th	Do-San	3-Step	/					
	Won-Hyo	2-Step						
5th	Won-Hyo	2-Step	Front kick					
	Yul-Gok	1-Step						
4th	Yul-Gok	1-Step	Knife-hand					
	Joong-Gun	Semi-free	Side kick					
3rd	Joong-Gun	Semi-free	Forefist					
	Toi-Gye	Free	Side kick					
2nd	Toi-Gye	1-Step	Back fist					
	Hwa-Rang	Free	Flying side kick					
1st	Hwa-Rang	Free	Turning kick					
	Choong-Moo	Self-defence technique	Reverse turning kick					
	Member of Test Board:							

THE CONTENTS OF A TEST FOR DEGREES

Grade	Pattern	Sparring	Power	Thesis	Education	Total	Average	Remarks
1st	Kwang-Gae	Free	Forefist	/				
	Po-Eun		Reverse turning kick					
	Ge-Baek	Foot technique	Flying turning kick					
2nd	Eui-Am	Free	Knife-hand	/				
	Choong-Jang		Flying high kick					
	Juche	Foot	Over-head kick					
3rd	Sam-Il	Free	Back fist	/				
	Yoo-Sin		Mid-air kick					
	Choi-Yong	Self-defence technique	Flying reverse turning kick					
4th	Yon-Gae	Free	Over-head kick	/				
	Ui-Ji		Flying twisting kick					
	Moon-Moo	Self-defence technique						
5th	So-San	/	/	/				
	Se-Jong							
6th	Tong-Il	/	/	/				

TEST FORM FOR GRADE

Serial No	Name	Date of Birth	Nationality	Present Rank	Promotion Date	Requested Rank	Approved Rank
Pattern	Sparring	Power	Education	Attitude	Total	Average	Remarks
Date of Test:		Senior member of Test Board:		Name:		Signature:	

TEST FORM FOR DEGREE

Serial No	Name	Date of Birth	Nationality	Present Rank	Promotion Date	Requested Rank	Approved Rank
Pattern	Sparring	Power	Thesis	Education	Total	Average	Remarks
Date of Test:		Senior member of Test Board:		Name:		Signature:	

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