

# UKTDC DAN GRADING SYLLABUS FOR PROMOTION TO 1<sup>ST</sup> DAN

---

- ◇ **General**  
all applicants shall be members of the UKTDC either full associated or registered and registered to an associate or full member club, Individuals who do not belong to a registered club shall be (provisionally) registered by the UKTDC to an umbrella club in order to sit the grading.
- ◇ All applicants shall present themselves in an orderly fashion with clean ironed white with white collar WTF style Dobok.
- ◇ All applicants shall present for inspection their license & grading booklet with details of their last grading and their photo included, (or certificate and photo ID).
- ◇ **Poomsae**
- ◇ This should be performed with good understanding of included techniques showing, focus speed, power, correct targets, breathing and balance.
- ◇ Performed Poomsae shall be any 2 or 3 from the following; (decided by grading panel)  
  
**Koryo, Pal Jang, Chill Jang, Yuk, Jang, Oh Jang, Sah Jang,**
- ◇ **Free Sparring. 1 for 1 sparring . 1 step sparring ( any 2 from the 3)**
- ◇ **Free sparring** Should be preformed wearing WTF body protector and head guard, the candidate shall show a varied range of attacking, counter attacking, and evasion techniques , in a controlled light contact form , and to correct legitimate targets.
- ◇
- ◇ **1 for 1 sparring**, Should be preformed wearing WTF body protector and head guard, the candidate shall show a varied range of attacking and counter attacking techniques at SPEED this shall have very little or No contact.
- ◇
- ◇ **1 Step Sparring**, Should be preformed wearing WTF body protector and head guard, the candidate shall show good control, speed , focus and delivery of applicable self defence techniques against a straightforward punch, same techniques both sides.
- ◇
- ◇ **Self Defence.**
- ◇ Releases for wrist, and collar grab, the candidate shall show good understanding of required self defence techniques and should be conducted in a controlled fashion.
- ◇
- ◇ **Destruction**, using breakable boards for Adults 15 and above, and focus pad or junior board for under 15. Showing correct targets and delivery path, using the correct part of the foot or hand. 1 hand and 1 foot technique form the following.
- ◇ (Foot), Turning Kick, side kick, Axe kick, (Hand) Punch, Palm heel, elbow strike.
- ◇ **Etiquette** , correct etiquette and martial art spirit shall be shown throughout the grading, showing consideration and respect for your partner and all officials involved in the grading procedure .