

UKTDC DAN GRADING SYLLABUS FOR PROMOTION TO 4th 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 black collar WTF style Dobok.
- ◇ Candidates may be requested to perform any or all of the below techniques, this does not mean however that all sections will be covered.
- ◇ 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). If not pre registered.
- ◇ **Poomsae.** This should be performed with good understanding of included techniques showing, focus speed, power, correct targets, breathing and balance.
- ◇ Performed Poomsae shall be minimum 2, from the following; 1 from each section

Pyong Won, Taebeak, Keumgang Koryo, / Pal Jang, Chill Jang, Yuk, Jang, Oh Jang,
- ◇ **Free Sparring. 1 for 1 sparring , 1 step sparring (any 2 from the 3)**
- ◇ **Free sparring** Should be performed 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 moving around.** Should be performed 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 performed 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 delivered from a guarded position, different techniques both sides allowed, to include take downs,
- ◇ **Self Defence.**
- ◇ Freestyle grabs and holds, the candidate shall show good understanding of required self defence techniques and should be conducted in a controlled fashion.
- ◇ **Knife Defence.** from straightforward lunge in freestyle fashion, showing good awareness of space, timing and restraint or taking control of the knife.
- ◇ **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 hand or foot whilst showing good distancing and control, This shall be a simultaneous 3 direction break, to include 1 hand technique. Candidates free choice of strikes.
- ◇ **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 .