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ITF-TAO 5th Dan Grading Requirements

There are various levels of criteria that must be met to achieve the rank of 5th Dan. A minimum of 4 (four) active years as a 4th Dan black belt, a minimum of 20 years of Taekwon-Do training and a minimum of 35 years of age.

The completion of at least one Technical Conference must happen before permission can be granted to grade to 5th Dan. A Technical Conference certificate number for each of the courses must be provided when applying for grading.

Physical Test:

(Performed on the test day)

5 min. skipping (continuous) 30 push-ups, 30 sit-ups, 10 burpees

Fundamental Movements

At the examiner's discretion (foot and hand techniques from patterns)

Pattern:

Chon-Ji Tul – Moon-Moo Tul

Sparring:

3, 2, 1 step sparring (minimum 5)

Model sparring (1-5 from the condensed encyclopedia)

Free sparring (1 on 1)

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Self-defence:

Minimum of 20 different techniques (releasing, controlling, damaging)

Breaking: (30 boards)

Selected from the following:

- Power foot technique using;
Foot sword
Ball of foot
Back heel
- Power hand technique using;
Knife hand
Fore fist
- Speed foot technique using;
Ball of foot
Back heel
- Speed hand technique using;
Reverse knife hand
Back fist

Theory:

- Pattern meanings (all 21 patterns)
- Stance and technique for 3 patterns (at the examiner's discretion)
- 9 training secrets
- 6 factors in the theory of power
- Founder of Taekwon-Do
- Founding date of Taekwon-Do
- Founding date of ITF (as well as the 9 countries)