



International Taekwon-Do Federation - Belgium

Regulations for coloured and blackbelt tests

Version April 2026

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§1 General

As per these regulations, tests are required to be promoted to

The next belt. The aim of these regulations is to establish uniformity for all tests.

The first part of the test evaluates the performance of tul. If there is a mistake, the student can perform the tul once (1) again.

Breaking tests are evaluated by the examiner according to the age of the candidate.

If the test's candidate shows undisciplined attitude in any form, before or during the test, towards the examiner(s) or the committee, the instructor and/or the committee may decide to exclude the candidate from participation in tests.

§2 Preparation time for coloured belt tests (KUP)

The required preparation time between KUP-exams is showed in the table here below. This time represents **the minimum time** required to test for the next belt.

Between the tests from 1° kup to 1° Dan, there must be enough time to develop the maturity of the candidate.

Test	Minimum preparation time
9.Kup	2Months
8.Kup	2Months
7.Kup	3Months
6.Kup	3Months
5.Kup	3Months
4.Kup	3Months
3.Kup	3Months
2.Kup	3Months
1.Kup	3Months

§3 Preparation time for black belt tests (DAN) – see ITF By-laws (<https://itfkd.sport/rules/>) for all ITF required details!

Minimum preparation time between the black belt tests (in compliance with the By-laws of ITF) is as follows:

Degree	Preparation time in years (minimum)
I.Dan	1
II.Dan	1,5
III.Dan	2
IV.Dan	3 (and minimum age of 21years). At least one IIC and online grading International instructor + application International Instructor + 1 Do-Course.
V.Dan	4 and at least 1 IIC
VI.Dan	5 and at least 1 IIC
VII.Dan	6 (and minimum age of 41 years) and at least 1 IIC + 1 Do-course.
VIII.Dan	7 and at least 1 IIC+ 1 Do-course
IX.Dan	8 and at least 1 IIC + 1 Do-course (candidate must have at least 60 years) + support 3 GM's

§4 Other requirements for tests

In addition to the above mentioned preparation time, the candidate must attend the following national seminars:

- National Umpire Course: at least 1 course before grading to red belt, I°degree, II°degree, III°degree, IV°degree, V°degree and up. If not, the grading will be postponed-
- The candidate should also be an Umpire on championships once (=1x) before grading to red belt + I° and II°degree. Before the grading to III°degree: juniors at least twice (=2x), seniors three times (=3x). Before IV°degree: 4times (=4x). Before V°degree and up:5 times (=5x).
- It would be very much appreciated if candidates for dan gradings participate at hosinsul courses, Days of Taekwon-Do and other national seminars/events.
- For instructors: participation in at least 2 National Instructors Courses between each grading is a must.
- The candidate's application and other necessary documents to attend the test must be approved by the instructor & ITF-Belgium and send to the office at least 1 month in advance (I°- VI°)/3 months in advance (VII° and above).
- Take a look at the bylaws for the number of IIC's, Do-courses and other requirements to follow in between grades. From grading to IV°degree on,a teaching license/International Instructor is necessary. For Master and GrandMaster gradings, a thesis is required.

§5 Description of Tests

Basic movements	Gibon
Patterns	Tul
Free sparring	Jayu Matsogi
Stepsparring	Sambo,Ibo,Ilbo-Matsogi
Self-defense	Hosinsul
Breaking Theory	Kyok-Pa
Attitude	Ilon
	Tedo

§6 Program for coloured belt tests (KUP)

Required Kup	CurrentKup	Tul	GibonYonsup	Matsogi	Hosinsul	Kyok-Pa	I l o n
9.Kup	10.Kup	Saju Makgi SajuJirugi	At the request of the examiner (not defined)				At the request of the examiner (notdefined)
8.Kup	9.Kup	Saju Makgi Saju Jirugi Chon-Ji		<u>Sambo-Matsogi</u> 5Techniques			
7.Kup	8.Kup	Chon-Ji Dan-Gun		<u>Sambo-Matsogi</u> 10Techniques	2 techniques against grabbing the wrist(s)		
6.Kup	7.Kup	Dan-Gun Do-San		<u>Sambo-Matsogi</u> 12Techniques	2 techniques against grabbing the wrist(s) 1 technique against strangling		
5.Kup	6.Kup	Do-San Won-Hyo		<u>Ibo-Matsogi</u> 5Techniques	3 techniques against grabbing the wrist(s) 3 techniques against strangling	Ap Cha Busigi Sonkal Taerigi	
4.Kup	5.Kup	Won-Hyo Yul-Gok		<u>Ibo-Matsogi</u> 10Techniques	3 techniques against grabbing the wrist(s) 3 techniques against strangling	Dollyo Chagi, Ap Joomuk Jirugi	

					<p>1 technique against someone who embraces very tight/puts you in a hold-lock</p> <p>1 technique against grabbing under the armpits and presses you down with a neck-lock(double Nelson)</p>	
3.Kup	4.Kup	Yul-Gok Joong-Gun		Ilbo-Matsogi 8Techniques	Same defenses + 2 knife defenses	Yop Chagi,Sonkal DungTaerigi

2.Kup	3.Kup	Joong-Gun Toi-Gye		<u>Ilbo-Matsogi</u> 12Techniques	Same techniques + 2 stick/baton defenses	Twimyo Yop Chagi, Bandaе Dollyo Chagi	
1.Kup	2.Kup	Toi-Gye Hwa- Rang		<u>Ilbo-Matsogi</u> 15Techniques	Same techniques + 2 defenses against gun/pistol	Twimyo Dollyo Chagi, Dwyt Chagi	

§7 Program for blackbelt tests (Dan)

Dan	Tul	Matsogi	Hosinsul	Kyok-Pa	Ilon	Additional
I.Dan Boosabum	Choong-Moo Hwa-Rang Toi-Gye and other designated tul	Sambo- lbo-Ilbo- Matsogi Jayu Matsogi each minimum 2 minutes	Similar program of 1Kup + 2 techniques against attacker kicking minimum 1.5 minute without stopping	Dollyo Chagi and Bandaedollyo Chagi as a combination Twymio Nopi Chagi Max. attempts: 2 Breaking boards: 2 cm adults -14 years 1.5 cm	At the request of the examiners	
II.Dan Boosabum	Kwang-Gae Po-Eun Ge-Baek and other designated tul	Sambo- lbo-,Ilbo- Matsogi Jayu Matsogi each minimum 2 minutes	Similar program of I Dan. Additionally, the examiner may require some of the following techniques: Technique against someone who attacks you while you're on the floor Technique against someone who presses you against the wall Technique to defend one self while sitting on a chair Defense against Two attackers Defending someone in need Show vital points and pressure points	Twimyo Dollyo Chagi (nopunde) Handtechnique of choice	At the request of The examiners	See point 4.

III. Dan Boosabum	Eui-Am Choong-Jang Juche and other designated tul	Sambo-Ibo- Ilbo-Matsogi Jayu Matsogi	At the request of the examiner in compliance with the previous program	Twimyo Bandae Dollyo Chagi (nopunde) Twio Dolmyo Yopcha chirugi	At the request of the examiner	See point4.
IV. Dan Sabum	Sam-Il Yoo-Sin Choi-Yong and other Designated tul	Sambo-Ibo- Ilbo-Matsogi Jayu Matsogi	At the request of the examiner	At the request of the examiner or according techniques in latest pattern (1 hand -feet - jumping)	At the request of the examiner	See point 4.
V. Dan Sabum	Yon-Gae Ul-Ji Moon-Moo and other designated tul	Sambo-Ibo- Ilbo-Matsogi Jayu Matsogi	At the request of the examiner	At the request of the examiner or according techniques in latest pattern (1 hand -feet -jumping)	At the request of the examiner	See point 4.
VI. Dan Sabum	So-San Se-Jong + 1 optional and 1 designa ted tul	Ilbo Matsogi	At the request of the examiner	At the request of the examiner or according techniques in latest pattern (1 hand -feet -jumping)	At the request of the examiner	See point 4.
VII. Dan Sahyun	Tong-Il Se Jong +1 optional pattern and 1 designated tul			At the request of the examiner or according techniques in latest pattern (1 hand -feet - jumping)	At the request of the examiner	See point4.

Examiners need to have a valid teaching plaque (ITF) and license (ITF-Belgium), need to be at least 4th degree and International Instructor and have permission of the technical director.

Dan gradings can only be organised through ITF-Belgium, they will be organised twice a year, with a grading panel.

KUP gradings

- The examiner needs to receive a list of the candidates at least one week in advance. All candidates need to have a valid license.
- If the candidate is not succeeding in the grading, he/she needs to wait at least one month before doing a new attempt.
- Kup gradings of other organisations can be accepted

DAN gradings

- Candidates need permission of their instructor before doing grading. The instructor needs to send (completely filled in) the application form (and a picture) at least one month before the grading.
- See ITF-Bylaws for all modalities.
- If the candidate is not succeeding in the grading, he/she needs to wait at least 6 months before doing a new attempt.
- The grading starts with tul. In the case of a mistake, or stopping the patterns, the candidate can restart ONCE more. If the candidate is not succeeding in doing this pattern without further mistakes or stopping, the grading will be finished.
- Candidates need a score of at least 60%, with also at least 60% on the discipline tul.

Prices dan gradings and other certificates

	Fee
Grading I°	170€
Grading II°	220€
Grading III°	295€
Grading IV°	390€
+ International Instructor	115€
+ Teaching plaque	50€

Grading V°	425€
Grading VI°	525€
Umpire A	95€
Umpire B	50€
Do Course	150€