



**GUIDELINES FOR UP-GRADING TEST – 1<sup>ST</sup> DEGREE TO 7<sup>TH</sup> DEGREE BLACK BELT**

DEGREE TO BE TESTED	PATTERNS	KICKING	STEP-SPARRING	SELF-DEFENCE/H O SIN SUL	PRE-ARRANGED SPARRING	FREE SPARRING	POWER BREAKING	OTHER REQUIREMENTS* ( OPTIONAL )
1 <sup>ST</sup> DEGREE	CHOONG-MOO  JEE-GOO + 2 OTHER HYONGS  <b>SHABANG MAKGO CHAGO JIRUGI NO: 9</b>	<b>Basic Kicking:</b> Demonstrating:- front snap Kick -side piercing Kick - turning kick - reverse turning kick - reverse turning hooking kick - pick shaped Kick - downward Kick - twisting kick [Students must be able to demonstrate combination kicking, i.e. double side kick, double turn kick etc]	<b>2 Step</b> Sparring: kick-punch, punch-kick  <b>1 Step</b> Sparring -: Defending when against left and right handed attack. Must use hand and foot when blocking.	How to release from being attacked from the front and rear e.g. Grabbing a Hair, b. Neck, c Shoulder, d wrist, e. single and opposite hand, f. Bear Hug, g. Full Nelson.		Against 1 Against 2	<b>FOR MEN</b> a. knifehand – 1 brick b. Punch/knife hand – 2 planks c. Side Kick – 2 Planks d. Turning Kick -2 Planks e. Flying Side kick – 1 Plank f. Jumping High Kick – 1 Plank g. Flying Back Kick – 1 Plank  <b>FOR LADIES</b> a. Knife Hand - 1 plank b. Side kick - 1 plank c. Back kick - 1 plank d. Elbow - 1 plank e. Jumping Front kick - 1 plank.	- Must accumulate 10 Attendance or Contribution Credit Points since joining PGTF - Must know Korean Terminology – counting 1-10, Basic stances, attention, ready, bowing, walking, L-stance, sitting, rear foot, and fixed stance. - Kicking terminology: (i.e. front, side, turn, back, reverse turn, jumping kick, hand fist terminology). - Minimum age: 10 years of age

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<b>2<sup>ND</sup> DEGREE</b>	KWANG-GAE PO-EUN GE-BAEK KO-DANG JEE-GOO	Jumping Kicking: Jump reverse turning kick, mid-air kick at 180 and 360 degrees	<b>2 step sparring</b> Kick-punch, punch-kick  <b>1 step</b> Defending when against left and right handed attack. Must use hand and foot when blocking.	How to release from front and rear attacks. In addition, must know not only how to release from grab but use wrist locks, arm locks and take downs [ 5 examples]	1 <sup>st</sup> 3 Sets.	Against 1 Against 2, then 3	a. Stationery Side Kick – 3 planks b. Stationery Turning kick - 3 planks c. Downward Straight Elbow - 1 Brick d. Flying Turning Kick - 1 plank e. Flying over 4 persons Side kick - 1 plank f. Reverse Turning kick - 2 planks	- Must accumulate 5 Contribution Credit Points since being promoted to 1 <sup>st</sup> Degree. - Must know basic Korean terminology ( refer to 1 <sup>st</sup> Dan requirements) - Terminology – counting 1-10, Basic stances. - Minimum age: 13 years of age. - Must show PROPER PROTOCOL TO SENIOR RANKS AT ALL TIMES!
<b>3<sup>RD</sup> DEGREE</b>	EUI AM CHOONG-JANG KODANG JOOK-AM + 2 Other Hyongs	<b>a. Flying kick:</b> Flying front, side and turn kicks, mid-air, reverse turn kick, twisting kick, and flying side kick over obstacles.	<b>2 step sparring</b> Kick-punch, punch-kick  <b>1 step</b> Defending when against left and right handed attack. Must use hand and foot when blocking.	Self-defence against weapons  Reversal of locks	All the 5 sets	Against 1 Against 2, then 3	a. One hand and One leg [Any techniques] 3 or 4 planks. b. Speed breaking Suspension – hand & leg - 1 plank each c. Special Technique: 3 direction kick (i.e. twisting, side and turning or twisting, side and punch using target or boards).	- Must accumulate 10 Contribution Credit Points since being promoted to 2 <sup>nd</sup> Degree. - Must know basic Korean Terminology – counting 1-10, Basic stances. - Minimum age: 17 years of age - Must have complete knowledge of meaning and number of movements in each test pattern. - Must take an International Instructors’ Course before 4 <sup>th</sup> Dan - Must hold Class B Umpire Certification

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<b>4<sup>TH</sup> DEGREE</b>	SAM-IL YOO-SIN CHOI-YONG PYUNG-HWA  GTF PATTERNS	<b>a. flying kick:</b> Refer to 3 <sup>rd</sup> Dan Requirements	<b>One Step Sparring:</b>  Refer to 3 <sup>rd</sup> Dan requirements	Two attackers self-defence (i.e. attacked from left and right side simultaneously, front and side, front and rear, sitting and lying down, using arm and wrist locks and take downs.		Refer to 3 <sup>rd</sup> Dan requirements	Hand and Foot – 4 pieces minimum.  <b>Suspended Breaking:</b>  Hand and Foot – 2 pieces minimum  <b>Special Technique:</b> 3 Direction kicking ( see examples for 3 <sup>rd</sup> requirements)	<ul style="list-style-type: none"> <li>- History of GTF</li> <li>- Must accumulate <b>15 Contribution Credit Points</b> since promoted to 3<sup>rd</sup> Dan.</li> <li>- Same as 3<sup>rd</sup> Dan requirements</li> <li>- Minimum age: 23 years</li> <li>- Must have taken International Instructors' Course</li> <li>- Must have Class A Umpire Certification</li> </ul>
<b>5<sup>TH</sup> DEGREE</b>	YONG-GAE UL-JI MOON-MOO SUN-DUK  GTF PATTERNS	Combination kicking: Refer to 4 <sup>th</sup> Dan requirement.	<b>One step Sparring:</b> Left and right hand. Use of legs to block with, ground kicking plus take downs.	Same as 4 <sup>th</sup> Degree		One Attacker, two then three.	Hand and Foot, 5 piece minimum (i.e. hands technique: downward breaking acceptable, knife hand and punch and reverse knife hand. Note: No palm or elbow striking. No side fist either. <b>Suspended Breaking:</b> Hand and foot – 2 pieces minimum <b>Special Technique:</b> 3 Direction breaking, 1 piece minimum Overhead Kicking: flying Side kick or 360 degree mid-air kick over three or more people, target or board	<ul style="list-style-type: none"> <li>- Same as 4<sup>th</sup> Dan requirements</li> <li>- History of GTF Founder</li> <li>- Must accumulate <b>20 Contribution Credit Points</b> since promoted to 4<sup>th</sup> Dan.</li> <li>- Minimum age: 28 years of age</li> <li>- Must have completed International Instructors' Course and have Certificate</li> <li>- Must have Class A &amp; B Umpire Certificate</li> </ul>

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<b>6<sup>TH</sup> DEGREE*</b>	SO-SAN SE-JONG  GTF PATTERNS	Refer to 5 <sup>th</sup> Degree requirements  Combination kicking: Refer to 5 <sup>th</sup> Dan requirements	Left and right hand: Refer to 5 <sup>th</sup> Dan requirements	Same as 5 <sup>th</sup> Dan	Nil	One attacker, two then three, refer to 5 <sup>th</sup> Dan	Hand and foot, 5 piece minimum  <b>Suspended Breaking:</b> Hand and foot, 2 pieces <b>Special Technique</b> Refer to 5 <sup>th</sup> Dan requirements.	<ul style="list-style-type: none"> <li>- Same as 5<sup>th</sup> Dan Requirements</li> <li>- Philosophy of GTF</li> <li>- Must accumulate 25 Contribution Points since being promoted 5<sup>th</sup> Degree.</li> <li>- Minimum age: 34 years of age</li> <li>- Must have All International Certification and certificates</li> <li>- Must have Class A &amp; B Umpire Certification and certificates.</li> </ul>
<b>7<sup>TH</sup> DEGREE*</b>	TONG-IL  GTF PATTERNS	Overhead Kicking – same as 6 <sup>th</sup> Dan requirements, i.e. Jump reverse turn kick or jump turn kick, 1 piece board held on holders' head.	Same as 6 <sup>th</sup> Dan requirements	Same as 6 <sup>th</sup> Dan requirements.	Nil	Same as 6th Dan requirements.	Hand and foot, 5 piece minimum  <b>Suspended Breaking:</b>  Hand and foot, 2 pieces minimum  <b>Special Technique:</b> Any three or four direction break, 1 piece minimum.	<ul style="list-style-type: none"> <li>- Same as 6<sup>th</sup> Dan requirements.</li> <li>- Explain your opinion on how to develop the growth of GTF.</li> <li>- Minimum age: Above 41 years of age.</li> <li>- Must hold all Certifications.</li> </ul>

**\* Senior Degree Holders are expected to perform the GTF patterns, when requested by the Examiner(s)**

- **The above guidelines and requirements are subject to further review and changes by the PGTF PROMOTION COMMITTEE**

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### NOTES AND EXPLANATION

<b>GRADING WAITING PERIOD#</b>	<b>AGE REQUIREMENT</b>
1 <sup>st</sup> to 2 <sup>nd</sup> degree -	2 -2.5 years
2 <sup>nd</sup> to 3 <sup>rd</sup> degree -	3 years
3 <sup>rd</sup> to 4 <sup>th</sup> degree -	4 years
4 <sup>th</sup> to 5 <sup>th</sup> degree -	5 years
5 <sup>th</sup> to 6 <sup>th</sup> degree -	6 years
6 <sup>th</sup> to 7 <sup>th</sup> degree -	7 years
7 <sup>th</sup> to 8 <sup>th</sup> degree -	
8 <sup>th</sup> to 9 <sup>th</sup> degree -	

#The above is an averaged time frame based on twice a week training for 2 hours. However, the waiting period can be shortened based on the performance and the Instructor's recommendation.