



NATIONAL DAN GRADING



NATIONAL TAEKWONDO
CENTRE MANCHESTER

SUNDAY 22 NOVEMBER
2026

NATIONAL DAN GRADING

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NATIONAL DAN GRADING

WELCOME

Dear Masters & Instructors from across the British Taekwondo family. We invite you to the National Taekwondo Centre in Manchester this November to take part in the British Taekwondo National Dan Grading.

This high quality and robust examination opportunity will provide a memorable lifetime experience for candidates, with one of the highest ranking grading panels seen in the UK containing 9th Dan and 8th Dan Kukkiwon Grand Masters and guests, using a thorough testing syllabus.

We invite candidates to join us in Manchester for this special grading opportunity.



NATIONAL DAN GRADING

01

EVENT OVERVIEW

VENUE:

National Taekwondo Centre,
Ten Acres Sports Complex,
Ten Acres Lane,
Manchester
M40 2SP

DATE:

Sunday 22nd November 2026

02

TIMETABLE

Registration Open:	08:30 - 09:30
Grading Commences:	09:30

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03

ELIGIBILITY

All candidates must be members of British Taekwondo and a member of a British Taekwondo club.

If you have issues about membership, please ask your instructor to contact British Taekwondo membership services.

Any members who are not UK passport holders and wish to take the examination must also submit documentary evidence that they have lived in the UK for more than 6 months.

Candidates must send the supporting evidence for UK residency by email to admin@ukkukkiwonoffice.com after completing the application on MyClubHub.

All candidates are asked to provide evidence of the following entry criteria and send with their application forms:

Candidates going for	Minimum time criteria	Evidence Required
1st Dan / 1st Poom	should have been 1st Kup for a minimum of 6 months prior to the Dan /Poom grading	Copy of Kup grade certificates from 4th Kup to 1st Kup
2nd Dan / 2nd Poom	should have been 1st Dan/Poom for a minimum of 1 year	Copy of 1st Dan / 1st Poom certificate
3rd Dan / 3rd Poom	should have been 2nd Dan/Poom for a minimum of 2 years	Copy of 2nd Dan / 2nd Poom certificate
4th Dan / 4th Poom	should have been 3rd Dan/Poom for a minimum of 3 years	Copy of 3rd Dan / 3rd Poom certificate

Note: All gradings for 5th Dan and above in the UK are conducted by the UK Kukkiwon Office. Candidates wishing to test for 5th, 6th and 7th Dan may apply for promotion at a UK Kukkiwon Office High Dan Promotion Test.

For more details and assistance please contact admin@ukkukkiwonoffice.com with proof of your eligibility and we help candidates with the process.

Previous grade certificates should have been issued by a British Taekwondo recognised club or Instructor.

Acceptability of previous grades, from members who may have recently joined BT, is at the complete discretion of British Taekwondo. For any enquiries regarding acceptability, please contact educationsupport@britishtaekwondo.org

NATIONAL DAN GRADING

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FORMAT & TESTING SYLLABUS

The examination will be conducted by a high quality senior panel, with a minimum of 3 eighth Dan Grand Masters leading the proceedings.

All candidates will receive a thorough and fair assessment of their abilities as demonstrated on the day.

The syllabus and expectation for each grade is set out on the following pages and all candidates will be expected to perform the minimum criteria as standard.

The panel may ask candidates to perform additional material from the syllabus if further assessment is required.

05

AGE & MEDICAL CONDITIONS

A candidate's age will be taken into consideration by the panel, and the range or number of minimum exercises to be reduced at the panel's discretion.

Short-term injuries and health issues

If a candidate suffers from a short-term injury or health issue, the panel respectfully suggest that the candidate waits until the condition is no longer an issue to them and applies for promotion at a later test date. This will allow the panel to give a fair test and a fair result.

Long-term health problems or life-time issues

In cases where a candidate suffers from a long-term injury or a life-time health issue (physical or mental) then the candidate must submit:

- Doctors or consultants statement setting out the nature of the candidate's permanent condition and effect on their day to day life and sporting activity.
- A note from their Instructor/Coach explaining the issue in layman's terms and how they overcome these issues in training and the class environment.

Candidates must send the supporting evidence for long term health or medical conditions by email to admin@ukkukkiwonoffice.com after completing the application on MyClubHub.

The panel will then take these into consideration in order to provide a fair and appropriate assessment and experience for the candidate.

Candidates will be informed in advance of the grading, of the assessment requirements.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR MEMBERS TESTING FOR 1st DAN/POOM BLACK BELT

1st

DAN/POOM

BASIC TECHNIQUE

Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line

MINIMUM TESTING REQUIREMENT

3 X BASIC DRILL LINES - of at least 10 actions in each

- 1st Line – Hand movements only (Blocks & Strikes)
- 2nd Line – Kicks only (including spins & jumps)
- 3rd Line – Kicks, Hand blocks & Strike combinations

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

TAEGEUK POOMSAE x 3

Candidates will be asked to perform Taegeuk 8 Pal Jang plus 2 other Taegeuk Poomsae of the examiner's choice

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques except where defined in the Poomsae culminating in appropriate finish to technique.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance).

MINIMUM TESTING REQUIREMENT

1-STEP SPARRING x 5

Candidates will be asked to perform a minimum of 5 x step sparring techniques including:

- At least 2 featuring a kicking technique
- At least 2 featuring strikes with the hand or elbow
- A maximum of one featuring a restraint and/or take-down

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Stance & Balance

Stances used are realistic, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Accuracy

Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR MEMBERS TESTING FOR 1st DAN/POOM BLACK BELT

1st DAN/POOM

SELF DEFENCE

- Opponents can attack:
- From the front or rear
- With grab to wrist or wrists
- With grab to collar

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Reaction speed

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter-attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 5

Candidates will be asked to perform a minimum of 5 x escapes and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with:

- At least one featuring a wrist lock
- At least one featuring a pressure point
- At least one featuring the restraining an opponent

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another. Control over the opponent

Control over opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Effectiveness

Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.

FREE SPARRING

This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.

Candidates will be assessed against the following criteria:

Posture & Breathing

Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

Threat awareness & thought

Candidates demonstrate movement and cover to limit scoring opportunities.

Reaction speed

Candidates are reactive to opponent and create well timed responses and combinations.

Use of Space and Movement

Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

MINIMUM TESTING REQUIREMENT

CONTROLLED SPARRING - 2 x 1 minute

Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap.

Technique

Candidates demonstrate variety of attacking/defensive techniques in combinations to achieve scoring opportunities.

Accuracy

Candidates are able to control techniques aimed at scoring areas of the opponent with the correct part of the foot or fist.

Concentration & Spirit

Candidates will maintain concentration on opponent following the rules of sparring in good spirit.

DESTRUCTION

16 years+ Board break
15 years- Foam board strike

MINIMUM TESTING REQUIREMENT

2 WAY SPECIAL TECHNIQUE

- Candidates will be asked to perform a spinning side kick (back kick) and elbow strike against 2 opposite and prepositioned boards (e.g. boards will be opposite and directly facing each other, with the candidate in between)
- Candidates will have up to 2 attempts

Candidates will be assessed against the following criteria:

Technique

Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique.

Fluency of Movement

Candidates should demonstrate clear flow of movement between breaking techniques.

Accuracy

Candidate hits the centre of target.

Speed & Power

Candidate demonstrates sufficient and appropriate power and speed to complete the break.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR **2nd** DAN/POOM MEMBERS TESTING FOR 2nd DAN/POOM BLACK BELT

BASIC TECHNIQUE

Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line

MINIMUM TESTING REQUIREMENT

3 X BASIC DRILL LINES - of at least 10 actions in each

- 1st Line – Hand movements only (Blocks & Strikes)
- 2nd Line – Kicks only (including spins & jumps)
- 3rd Line – Kicks, Hand blocks & Strike combinations

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

KORYO & 3 TAEGEUK POOMSAE

Candidates will be asked to perform Koryo plus 2 other Taegeuk Poomsae of the examiner's choice

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques except where defined in the Poomsae culminating in appropriate finish to technique.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance)

MINIMUM TESTING REQUIREMENT

1-STEP SPARRING x 5

Candidates will be asked to perform a minimum of 5 x step sparring techniques including:

- At least 2 featuring a kicking technique
- At least 2 featuring strikes with the hand or elbow
- A maximum of one featuring a restraint and/or take-down

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Stance & Balance

Stances used are realistic, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Accuracy

Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR **2nd** DAN/POOM MEMBERS TESTING FOR 2nd DAN/POOM BLACK BELT

SELF DEFENCE

- Opponents can attack:
- From the front or rear
 - With grab to wrist or wrists
 - With grab to collar

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Reaction speed

Candidate demonstrates correctly timed body and/or blocking movement to stop the attack with minimal delay between the defence and counter-attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 5

Candidates will be asked to perform a minimum of 5 x escapes and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with:

- At least one featuring a wrist lock
- At least one featuring a pressure point
- At least two featuring the restraining and pacification of an opponent

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another. Control over the opponent

Control over opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Effectiveness

Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.

FREE SPARRING

This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.

Candidates will be assessed against the following criteria:

Posture & Breathing

Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

Threat awareness & thought

Candidates demonstrate movement and cover to limit scoring opportunities.

Reaction speed

Candidates are reactive to opponent and create well timed responses and combinations.

Use of Space and Movement

Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

MINIMUM TESTING REQUIREMENT

CONTROLLED SPARRING - 2 x 1 minute

Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap.

Technique

Candidates demonstrate variety of attacking/defensive techniques in combinations to achieve scoring opportunities.

Accuracy

Candidates are able to control techniques aimed at scoring areas of the opponent with the correct part of the foot or fist.

Concentration & Spirit

Candidates will maintain concentration on opponent following the rules of sparring in good spirit.

DESTRUCTION

- 16 years+ Board break
15 years- Foam board strike

Candidates will be assessed against the following criteria:

Technique

Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique.

Fluency of Movement

Candidates should demonstrate clear flow of movement between breaking techniques.

MINIMUM TESTING REQUIREMENT

3 WAY SPECIAL TECHNIQUE

- Candidates will be asked to perform a reverse turning kick, an elbow strike and a knife hand strike against 3 prepositioned boards (boards will be placed in a T-shape set up, with each board at 90 degrees to the next, with the candidate in the centre)
- Candidates cannot move the boards apart from the hand techniques
- Candidates will have up to 2 attempts

Accuracy

Candidate hits the centre of target.

Speed & Power

Candidate demonstrates sufficient and appropriate power and speed to complete the break.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR **3rd** DAN/POOM MEMBERS TESTING FOR 3rd DAN/POOM BLACK BELT

BASIC TECHNIQUE

Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line

MINIMUM TESTING REQUIREMENT

3 X BASIC DRILL LINES - of at least 10 actions in each

- 1st Line – Hand movements only (Blocks & Strikes)
- 2nd Line – Kicks only (including spins & jumps)
- 3rd Line – Kicks, Hand blocks & Strike combinations

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

KEUMGANG, KORYO & 1 TAEGEUK POOMSAE

Candidates will be asked to perform Keumgang, Koryo, plus 1 other Taeguk Poomsae of the examiner's choice

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques except where defined in the Poomsae culminating in appropriate finish to technique.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance)

MINIMUM TESTING REQUIREMENT

1-STEP SPARRING x 5

Candidates will be asked to perform a minimum of 5 x step sparring techniques including:

- At least 2 featuring a kicking technique
- At least 2 featuring strikes with the hand or elbow
- A maximum of one featuring a restraint and/or take-down

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Stance & Balance

Stances used are realistic, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Accuracy

Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR

3rd

DAN/POOM

MEMBERS TESTING FOR 3rd DAN/POOM BLACK BELT

SELF DEFENCE

Opponents can attack:

- From the front or rear
- With grab to wrist or wrists
- With grab to collar

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 6

Candidates will be asked to perform a minimum of 6 x escapes and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with:

- At least one featuring a wrist lock
- At least one featuring a pressure point
- At least two featuring the restraining and pacification of an opponent

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Reaction speed

Candidate demonstrates correctly timed body and or blocking movement to stop the attack with minimal delay between the defence and counter-attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another. Control over the opponent

Control over opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Effectiveness

Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.

KNIFE DEFENCE

Opponents can attack:

- 2 times using straight thrust
- 2 times using side to side slash
- 2 times using downward strike

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST KNIFE ATTACK X 6

Defending candidates will be asked to perform a range of defensive strategies, disarming the opponent each time with:

- At least one featuring a wrist lock
- At least one knocking the knife away
- At least one featuring the restraining and pacification of an opponent on the ground

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Threat awareness & thought

Candidate demonstrates immediate and responsive reactions to opponent.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Reaction speed

Candidate demonstrates correctly timed body and or blocking movement to stop the attack with minimal delay between the defence and counter-attack.

FREE SPARRING

This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.

MINIMUM TESTING REQUIREMENT

CONTROLLED SPARRING - 2 x 1 minute

Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes

Candidates will be assessed against the following criteria:

Posture & Breathing

Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

Use of Space and Movement

Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

Reaction speed

Candidates are reactive to opponent and create well timed responses and combinations.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap.

Threat awareness & thought

Candidates demonstrate movement and cover to limit scoring opportunities.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR

3rd

DAN/POOM

MEMBERS TESTING FOR 3rd DAN/POOM BLACK BELT

DESTRUCTION

16 years+ Board break
15 years- Foam board strike

MINIMUM TESTING REQUIREMENT

3 WAY SPECIAL TECHNIQUE

- Candidates will be asked to perform a reverse turning kick, an elbow strike and a knife hand strike against 3 prepositioned boards (boards will be placed in a T-shape set up, with each board at 90 degrees to the next, with the candidate in the centre)
- Candidates cannot move the boards apart from the hand techniques
- Candidates will have up to 2 attempts

Candidates will be assessed against the following criteria:

Technique

Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique.

Fluency of Movement

Candidates should demonstrate clear flow of movement between breaking techniques.

Accuracy

Candidate hits the centre of target.

Speed & Power

Candidate demonstrates sufficient and appropriate power and speed to complete the break.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR MEMBERS TESTING FOR 4th DAN/POOM BLACK BELT

4th

DAN/POOM

BASIC TECHNIQUE

Techniques must be in combinations, varied and in different directions (similar to Poomsae) but done in a straight line

MINIMUM TESTING REQUIREMENT

3 X BASIC DRILL LINES - of at least 10 actions in each

- 1st Line – Hand movements only (Blocks & Strikes)
- 2nd Line – Kicks only (including spins & jumps)
- 3rd Line – Kicks, Hand blocks & Strike combinations

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

PATTERNS - POOMSAE

MINIMUM TESTING REQUIREMENT

TAEBAEK, KEUMGANG, KORYO & 1 TAEGEUK-POOMSAE

Candidates will be asked to perform Taebaek, Keumgang, Koryo, plus 1 other Taeguk Poomsae of the examiner's choice

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing in, during preparation phases of the movement, and out during the execution/action phases, non-audibly. Head, Back and Shoulders would be held correctly to allow for full use of diaphragm in breathing and full rotation of movement in techniques.

Stance & Balance

All stances must be correct and clearly recognisable. There is good balance throughout the pattern, with the correct centre of gravity maintained particularly on landing after a technique or change in direction.

Technique

Correct techniques according to defined standards are observed at all times including transition phase of the technique executed with sufficient power. Full completion of technique before moving on to the next technique.

Accuracy

Correct techniques according to defined standards are delivered to intended target using the correct blocking or striking parts to a virtual opponent of similar height to candidate.

Fluency of movement

Smooth movement between techniques visible with no perceptible pauses between combination techniques except where defined in the Poomsae culminating in appropriate finish to technique.

Speed & Power

Preparation phases performed slowly/relaxed, action phase performed with acceleration and using the waist to generate power, correct timing between hand and foot finishing.

Concentration & Spirit

Eyes to be focused towards the direction of the technique, or to the target area if kicking above the head. Shout performed loudly and from the diaphragm during the required movement and at the finish split-second of the movement.

STEP SPARRING

The same technique must be defended from both left and right hand attacks (and either from a Junbi or low block attacking stance)

MINIMUM TESTING REQUIREMENT

1-STEP SPARRING x 5

Candidates will be asked to perform a minimum of 5 x step sparring techniques including:

- At least 2 featuring a kicking technique
- At least 2 featuring strikes with the hand or elbow
- A maximum of one featuring a restraint and/or take-down

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Stance & Balance

Stances used are realistic, the candidate should have balance to enable defence and attack maintaining the centre of gravity accordingly.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Accuracy

Attacking candidates must control the attack to face with intent to strike putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR MEMBERS TESTING FOR 4th DAN/POOM BLACK BELT

4th

DAN/POOM

SELF DEFENCE

Opponents can attack:

- From the front or rear
 - With grab to wrist or wrists
 - With grab to collar

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST ATTACKS x 6

Candidates will be asked to perform a minimum of 6 x escapes and counter-attacks against an opponent. Defending candidates must perform a range of defensive strategies with:

- At least one featuring a wrist lock
- At least one featuring a pressure point
- At least two featuring the restraining and pacification of an opponent

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Reaction speed

Candidate demonstrates correctly timed body and or blocking movement to stop the attack with minimal delay between the defence and counter-attack.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another. Control over the opponent

Control over opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Effectiveness

Candidate demonstrates an effective defensive technique followed by a strike or restraint that would incapacitate the aggressor with self-control to avoid injury.

KNIFE DEFENCE

Opponents can attack:

- 2 times using straight thrust
- 2 times using side to side slash
- 2 times using downward strike

MINIMUM TESTING REQUIREMENT

DEFENCE AGAINST KNIFE ATTACK X 6

Defending candidates will be asked to perform a range of defensive strategies, disarming the opponent each time with:

- At least one featuring a wrist lock
- At least one knocking the knife away
- At least one featuring the restraining and pacification of an opponent on the ground

Candidates will be assessed against the following criteria:

Posture & Breathing

Controlled breathing, not held during defences, and not audible. Candidates must exhale when in action phase.

Threat awareness & thought

Candidate demonstrates immediate and responsive reactions to opponent.

Control over the opponent

Candidates demonstrate reaction to immediate threat with controlled application of takedowns or submissions.

Technique

Techniques should be practical and effective in providing a defence and attack with appropriate distance from the opponent.

Accuracy

Attacking candidates must control the attack with intent, putting defender under pressure. Defending candidates must safely block, parry, or evade the attack with an immediate and controlled counter-attack. Blocks, strikes and kicks are clearly aimed towards intended target.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap using techniques that easily flow from one to another.

Reaction speed

Candidate demonstrates correctly timed body and or blocking movement to stop the attack with minimal delay between the defence and counter-attack.

FREE SPARRING

This exercise will take place wearing WT approved trunk and head protector with PPE. Age will be taken into consideration.

MINIMUM TESTING REQUIREMENT

CONTROLLED SPARRING - 2 x 1 minute

Candidates will be asked to demonstrate a range of dynamic sparring techniques, defence and attack thought processes

Candidates will be assessed against the following criteria:

Posture & Breathing

Candidates will demonstrate controlled breathing throughout, posture should be upright & relaxed.

Use of Space and Movement

Candidates should demonstrate use of footwork to change direction of attacks and defence to create opportunities and should be aware of external threats.

Reaction speed

Candidates are reactive to opponent and create well timed responses and combinations.

Fluency of movement

Candidates should demonstrate clear flow of movement between defence and attack without gap.

Threat awareness & thought

Candidates demonstrate movement and cover to limit scoring opportunities.

NATIONAL DAN GRADING

SYLLABUS & MINIMUM REQUIREMENTS FOR

4th

DAN/POOM

MEMBERS TESTING FOR 4th DAN/POOM BLACK BELT

DESTRUCTION

- 16 years+ Board break
- 15 years- Foam board strike

MINIMUM TESTING REQUIREMENT

3 WAY SPECIAL TECHNIQUE

- Candidates will be asked to perform a reverse turning kick, an elbow strike and a knife hand strike against 3 prepositioned boards (boards will be placed in a T-shape set up, with each board at 90 degrees to the next, with the candidate in the centre)
- Candidates cannot move the boards apart from the hand techniques
- Candidates will have up to 2 attempts

Candidates will be assessed against the following criteria:

Technique

Candidate demonstrates correct execution setup of the targets and use the correct striking body part in completion of the technique.

Fluency of Movement

Candidates should demonstrate clear flow of movement between breaking techniques.

Accuracy

Candidate hits the centre of target.

Speed & Power

Candidate demonstrates sufficient and appropriate power and speed to complete the break.

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APPLICATIONS

All applications must be made through British Taekwondo's My Club Hub system.

To apply:

1. Log in to your personal profile on My Club Hub
2. Ensure your belt and grade uploads reflect your current grade status.
 - If you need to add a belt or grade to your profile [click here to watch a how-to guide](#)
3. Click 'Gradings and Seminars' on the left navigation menu
4. Find the 'National Dan Grading' on the list of activities and click 'Enter'
5. Complete the application form.

[Click here to apply for the 2026 British Taekwondo National Dan Grading](#)

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CLOSING DATE

The closing date for applications and payment is midday on Sunday 15th November 2026

NATIONAL DAN GRADING

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REGISTRATION

Candidates are highly recommended to arrive at least 30 minutes before the start of the grading to allow time to register and warm up.

British Taekwondo cannot assume responsibility for anyone missing the grading and any no-show would be considered a fail with a partial refund, unless there are exceptional circumstances and at the panels discretion.

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AWARDS

Successful candidates will receive:

- A British Taekwondo Dan / Poom graduation certificate
- A British Taekwondo Black Belt (candidates 15+ and going for 1st Dan only)
- A British Taekwondo Black/Red Poom Belt (candidates 14 years and below and going for 1st Poom only)
- A Kukkiwon certificate** (in due course – approx. 6 – 8 weeks)

* Please note – for existing Kukkiwon certificate holders:

- If your Kukkiwon certificate is out of sync with your actual grade that you are going for – British Taekwondo can only apply for the next grade Kukkiwon certificate. (e.g. If you hold a 1st Dan Kukkiwon certificate, then BT can only apply for a 2nd Dan certificate from Kukkiwon, even if you are a recognised higher grade in the UK or elsewhere)
- If your Kukkiwon certificate date is out of sync with your actual grading date that you are going for – British Taekwondo can only apply for the Kukkiwon certificate when the time bar period is up.

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UNIFORMS & EQUIPMENT

Candidates going for 1st Dan / 1st Poom should wear a plain World Taekwondo approved Dobok (uniform) with a white collar.

Candidates going for 2nd Dan / 2nd Poom or higher should wear a plain World Taekwondo approved Dobok (uniform) with a black or black/red collar.

All candidates must wear the following protection for all sparring:

- WT approved Head guard
- Trunk protector
- Groin guard, forearm guards and shin guards
- Mouth guard
- Policy regarding the wearing of spectacles during promotion testing
Spectacles are not permitted during sparring and self-defence.

NATIONAL DAN GRADING

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LIABILITY

All candidates participate at their own risk.

Examiners or British Taekwondo shall not accept responsibility for any damages, injuries sustained or losses incurred as a result of participation in this event.

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FEES & PAYMENT

The grading fees detailed below include the cost of your grading, belt (1st Dan/Poom only) and BT certificate.

The fee also includes the cost of an application to the Kukkiwon for your next Kukkiwon certificate

(See sections 10 & 14 regarding Kukkiwon applications and refunds).

FEES*

Grade going for	Grading Fee (includes Kukkiwon)
1st Dan/Poom	£155
2nd Dan/Poom	£190
3rd Dan/Poom	£220
4th Dan/Poom	£295

PAYMENT METHOD

Payment should be made on a club by club basis where possible, with the club instructor submitting the applications on behalf of the candidates before the deadline date.

After the closing date, British Taekwondo will send a summary of the registrations to each club, the total amount due, and a payment link.

All payments must be made by the deadline or the candidates will be removed from the grading.

The closing date for applications and payment is midday on Sunday 15th November 2026

NATIONAL DAN GRADING

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UNSUCCESSFUL CANDIDATES

Should a candidate fail this assessment, instructors are requested to re-enforce the message that candidates were judged on the content of the performance during the examination and the failure is only a notification that this performance did not meet the standard required on the day.

Students should return to the club, work on those areas and return for examination as soon as possible.

Unsuccessful candidates will also receive a refund as follows:

Grade going for	Amount refunded
1st Dan/Poom	£60
2nd Dan/Poom	£75
3rd Dan/Poom	£95
4th Dan/Poom	£120

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OBSERVERS & SPECTATORS

One instructor per candidate will be allowed into the rear of the examination hall to observe the grading when their candidate performs only.

Master grades who are 5th Dan and above, are invited to remain in the examination hall at all times and are requested to sit in the reserved seating area in suitable formal attire.

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TRANSPORT, PARKING AND FOOD

Candidates and supporters need to make their own travel & accommodation arrangements.

Some free parking is available at the National Taekwondo Centre on a first come first served basis.

We ask all people bringing vehicles to park in the marked bays and do not block access. Disabled parking is also available (All areas within the hall are also ground level). On street parking is also available. All parking is at own risk.

There are no food and beverage facilities at the National Centre, so candidates and supporters should prepare for this in advance. However, there is a large Asda supermarket and a McDonalds approximately 1 mile away, opposite the Etihad Stadium on Alan Turing Way.

NATIONAL DAN GRADING

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PUBLIC PHOTOGRAPHY & VIDEO RECORDING

Photography or any kind of video recording is not permitted inside the examination hall whilst testing is taking place.

Photography positions and video recording opportunities will take place at the climax of the grading sessions when awarding ceremonies take place.

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QUESTIONS

If you have a question that is not covered in this information please email: educationsupport@britishtaekwondo.org

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CONTACT

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