

# GRADING PARAMETERS



## Time and age limits for Dan Promotions

| POOM / DAN                              | Minimum Time Required for Promotion | Age Limit for Promotion |                        |
|---|-------------------------------------|-------------------------|------------------------|
|   |                                     | Start from Dan          | Start from Poom        |
| 1 <sup>st</sup> to Poom                 | NA                                  | NA                      | Less than 15 Years old |
| 1 <sup>st</sup> to 2 <sup>nd</sup> Poom | 1 Year                              | NA                      | 15?                    |
| 2 <sup>nd</sup> to 3 <sup>rd</sup> Poom | 2 Year                              | NA                      | 15?                    |
| 3 <sup>rd</sup> to 4 <sup>th</sup> Poom | 3 Year                              | NA                      | 18?                    |
| 1 <sup>st</sup> Dan                     | NA                                  | 15 Years and above      | NA                     |
| 1 <sup>st</sup> to 2 <sup>nd</sup> Dan  | 1 Year                              | 16 Years and above      | 15 Years and above     |
| 2 <sup>nd</sup> to 3 <sup>rd</sup> Dan  | 2 Years                             | 18 Years and above      | 15 Years and above     |
| 3 <sup>rd</sup> to 4 <sup>th</sup> Dan  | 3 Years                             | 21 Years and above      | 18 Years and above     |
| 4 <sup>th</sup> to 5 <sup>th</sup> Dan  | 4 Years                             | 25 Years and above      | 22 Years and above     |
| 5 <sup>th</sup> to 6 <sup>th</sup> Dan  | 5 Years                             | 30 Years and above      | 30 Years and above     |
| 6 <sup>th</sup> to 7 <sup>th</sup> Dan  | 6 Years                             | 36 Years and above      | 36 Years ad above      |
| 7 <sup>th</sup> to 8 <sup>th</sup> Dan  | 8 Years                             | 44 Years and above      | 44 Years and above     |
| 8 <sup>th</sup> to 9 <sup>th</sup> Dan  | 9 Years                             | 53 Years and above      | 53 Years and above     |

## Check Points

| Poomsae (Forms)         | Kyorugi (Sparring)      | Kyokpa (Breaking) | Special Techniques      | Theoretical Studies |
|-------------------------|-------------------------|-------------------|-------------------------|---------------------|
| Eye Control             | Eye Control             | Eye Control       | Power of Blow           | Mental Aspect       |
| Concentration of Spirit | Concentration of Spirit | Balance           | Special Hand Technique  | Practical Aspect    |
| Speed Control           | Speed Control           | Power Control     | Special foot techniques | -                   |
| Strength Control        | Strength Control        | Speed             | -                       | -                   |
| Flexibility             | Flexibility             | Part of attack    | -                       | -                   |
| Balance                 | Balance                 | -                 | -                       | -                   |
| Variety in Techniques   | -                       | -                 | -                       | -                   |