



## FGMR INSTRUCTOR INFORMATION



### **Blackbelt Grading Requirement**

#### **Minimum Criteria**

##### **Training:**

Attended a minimum of 2 FGMR authorised Standardisation seminars per year of waiting(training) time.  
Met the minimum waiting & training criteria recommended in the encyclopaedia pages 726 - 729.

##### **Patterns:**

Perform all patterns up to the requirement of your current grade.

##### **Sparring:**

Demonstrate all sparring: 3 step, 2 step, 3step semi free, 1 step and free sparring against more than one opponent.

##### **Breaking:**

Breaker boards will be supplied and will be in new condition at the commencement of the course.  
Bricks will be standard LBC Fletton type (or own country equivalent).  
Minimum standard for requirement.

- Male - 1 full red board
  - o If record shows 1 board all techniques, then more than one board will be expected
- Female - 1 full board
  - o Plastic Boards not as hard as the red are available
  - o Hand techniques to be performed on plastic or wooden boards
- Junior –
  - o Discretion is needed – age & size to be considered
  - o Junior plastic boards are available.
  - o Correct application of hand techniques to be demonstrated, and then performed on wooden or plastic boards dependant on age and size.
- Child –
  - o Discretion is needed
  - o Children must be able to perform Kick correctly
  - o There are very weak plastic boards available,
- Veteran –
  - o Discretion is needed
  - o Height for flying technique may be reduced at the discretion of the examination panel.
  - o Number/Type of Boards may be reduced at the discretion of the examination panel.

**You may bring your wooden boards and bricks if they conform to the specification.**

Minimum Dimensions of Timber for relevant technique.

- o Power and Flying – 280mm x 280mm x 23mm finished size
- o Multi-target & Fingertip only – 280mm x 280mm x 12mm finished size
- Minimum number of timber boards for relevant technique
  - o Male – Power foot 4, hand 3
  - o Male – Flying 1
  - o Female – Power foot 3, hand 2
  - o Female – Flying 1
  - o Junior – Power 1-3 with discretion (age and size)
  - o Junior – Flying 1
  - o Child - Power 1-2 Boards with discretion (age and size)
  - o Child Flying – Target Pad/1 target board– correct tool and technique must be used



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### Promotion from 1<sup>st</sup> Kup to 1<sup>st</sup> Dan

- a) Must be prepared to perform side, turning and reverse turning kick with both legs on a new red breaker board.
- b) A choice of downward punch or downward knife hand on an LBC Fletton brick, with not more than two supporting bricks on each side (not a requirement for children).
- c) Must be a minimum of 10 years of age.
- d) Must have a minimum 6 months training since last promotion. (108 training hours)

### Promotion from 1<sup>st</sup> Dan to 2<sup>nd</sup> Dan

- a) Flying turning kick on a wooden board with left & right legs. The kick must be performed from a stationary L-stance position using a two foot take off (Not scissor action). Board height is to be set by placing the bottom of the board on the student's head whilst standing upright in close stance.
- b) Reverse turning kick on breaker board(s).
- c) Forefist punch on a brick using left & right hands. Brick is to be positioned as 1<sup>st</sup> kup.
- d) Must be a minimum of 14½ years of age
- e) Must have a minimum 18 months training since last promotion. (324 training hours)

### Promotion from 2<sup>nd</sup> Dan to 3<sup>rd</sup> Dan

- a) Flying high kick on a wooden board with left & right legs. The kick must be performed from a stationary L-Stance using a scissor action with no stepping. The board must be held at a height determined by the student's finger tips while standing in Moa Sogi (Close stance) with hands extended above the head. Arms must be straight.
- b) Overhead kick on a wooden board using left & right legs. This kick is to be performed whilst jumping over two persons of similar height who are standing in line touching toes with legs straight.
- c) Downward knife hand strike on a brick using left & right hands. Brick is to be positioned as 1<sup>st</sup> kup.
- d) Must be a minimum of 16½ years of age
- e) Must have a minimum 2 years training since last promotion. (432 training hours)

### Promotion from 3<sup>rd</sup> Dan to 4<sup>th</sup> Dan

- a) Back fist strike on a breaker board using left & right hands. Boards are to be held in a standard breaking stand.
- b) Flying reverse turning kick using left & right legs. The kick must be performed from a stationary L-Stance position using a two foot take off (Not scissor action – no stepping). The board height will be as for flying turning kick.
- c) Mid Air Spinning kick (360 degree) on breaker board(s) using left & right legs. The kick must be performed from a stationary L-Stance using a two foot take off (No stepping). The breaker board(s) will be held in a standard breaking stand, with the centre of the boards at solar plexus level.
- d) Must be a minimum of 19½ years of age
- e) Must Be 'A' Class instructor
- g) Must be 'A' Class Umpire
- h) Must Support a minimum of 2 FGMR events per year.
- i) Ideally running own school
- j) Must Actively be promoting FGMR
- f) Must have a minimum 3 years training since last promotion. (648 training hours)
- g) Produce a written piece of work (thesis) to benefit Taekwon-Do.
- h) Submit written application at least 6 months prior to proposed promotion date.

### Promotion from 4<sup>th</sup> Dan to 5<sup>th</sup> Dan

- a) Fingertip thrust using left & right hands on a wooden board no less than 280mm x 280mm x 12mm. The board will be supported by other assistant instructors.
- b) Overhead kick on a wooden board using left & right legs. The height of the board is to be selected by the student performing. The obstacle must be two persons of similar height standing together with heads tilted to either side. A run up may be used.
- c) Flying twisting kick using left & right legs on a wooden board. The height of the board determined as for flying high kick. A short run up may be used
- d) Must be a minimum of 23½ years of age
- e) Must have a minimum 4 years training since last promotion. (864 training hours)
- f) Submit written application at least 6 months prior to proposed promotion date.

### Promotion from 5<sup>th</sup> Dan to 6<sup>th</sup> Dan

A choice demonstration of 4 items that must include the following:

- a) Optional hand technique.
- b) Optional foot technique.
- c) Multi target flying technique (3 minimum with feet).
- d) Must be a minimum of 28½ years of age
- e) Must have a minimum 5 years training since last promotion. (1080 training hours)
- f) Submit written application at least 6 months prior to proposed promotion date.

### Promotion from 6<sup>th</sup> Dan to 7<sup>th</sup> Dan

A choice demonstration that must include:

- a) Pattern Tong-II
- b) Power breaking Hand
- c) Power Breaking foot
- d) Jumping / Flying Breaking
- e) Must be a minimum of 34½ of age
- f) Display good social skills by interacting with students, instructors and members of the public
- g) Have organised or been involved in the organisation of local, national or international events
- h) Assisted conducting International Course and Promotion exams
- i) Must have a minimum 6 years training since last promotion. (1269 training hours)
- h) Submit written application at least 12 months prior to proposed promotion date.
- i) Be actively teaching and running a school.

### Promotion from 7<sup>th</sup> Dan to 8<sup>th</sup> Dan

- a) Must have a minimum 7 Taekwon-Do active years since last promotion.
- b) Recommendation from 4G/3G\* or a national governing body. The recommendation will be considered and MAY result in an invitation from First Grand Master Rhee

### Promotion from to 8<sup>th</sup> Dan 9<sup>th</sup> Dan

- a) Should have a minimum 8 Taekwon-Do active years since last promotion.
- b) Recommendation from 4G/3G\* or a national governing body. The recommendation will be considered and MAY result in an invitation from First Grand Master Rhee