



Saskatchewan Taekwon-Do Federation International Black Belt Requirements

Report Card

Name:		
Club:		
Instructor:		STFI/CTFI Number
Date Ranks Achieved:		
Black Stripe		
1st Dan	_____	C-1-_____
2nd Dan	_____	C-2-_____
3rd Dan	_____	C-3-_____
4th Dan	_____	C-4-_____



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General Requirements

- Train at least 2-3 times a week.
 - Saturday Class requirements:
 - Under 35 must train a minimum 2 times per month. National Team members are expected to train 3 to 4 times per month.
 - Over 35 must train a minimum 2 times per year, unless you are representing Saskatchewan or Canada, then a minimum of 2 times per month.
 - If you live over 50 km outside Regina, you are required to attend 2 class per year in Regina or other classes that are conducted by the STFI Technical Director. National team members or those that compete international must attend 1 blackbelt class a month in Regina or Saskatoon.
- Attend Saturday Blackbelt at designated times in your area.
- Attend Saskatchewan Umpire Course before testing.
- Compete and/or Officiate at Provincial/Western/National Events that are held in Saskatchewan.
- All Black belts are required to be available for all demonstrations held by their club or STFI.
- Complete the courses listed below prior to testing:

Requirement	Rank Requirement	Modules/NCCP Number	Date Achieved	Approved by
NCCP 3 of 6 Modules	1 st Dan (over 16)	_____		

NCCP 6 of 6 Modules	2 nd Dan+ (over 16)			
Sask Umpire Course	All			
SaskSport – Respect in Sport	All			
CATT Concussion				
IICs*				
1st Dan (Required After Testing)	All	_____		
2 nd Dan		_____		
3 rd Dan		_____		
4 th Dan		_____		
First Aid (16+)				
Babysitters Course (under 16)				
Criminal Record Check (18+)				

*All Blackbelts must attend an IIC once every 3 years.



Testing Requirements:

1. Red belt 1st grade must train a minimum of 6 months prior to applying to test for 1st Degree. (minimum age 10)
2. 1st Dan – 2nd Dan, 1 ½ years (minimum age 13)
3. 2ND Dan – 3RD Dan, 2 years
4. 3rd Dan – 4th Dan, 3 years (minimum age 21)

All fees and applications with photo must be submitted prior to technical exam.

Umpire Requirements:

All Black belts must take the Umpire / Judging seminar held by the Umpire Director in Saskatchewan. They must take a refresher course as required by The Saskatchewan Technical Director once per year. Between 4th Dan and 5th Dan must be certified class “A” by ITF.

1. All ages Level “D” and “C”
2. 16 years and above (must be 2nd Dan) level “B”
3. 21 years and above (must be 4th Dan) level “A”

International Instructor Course Requirements:

1. All Black belts must attend all International Instructor Courses if held in Saskatchewan and at least one IIC every three years.

NCCP Requirements:

For 1st dan, any 3 modules must be completed. For 2nd dan, all 6 modules must be completed.

Please visit www.saskcoach.ca to register. You will need to create a login through the 'locker' which will keep track of all the courses you have completed and your NCCP number.

1. Make Ethical Decisions
2. Planning a Practice
3. Nutrition
4. Teaching and Learning
5. Basic Mental Skills
6. Design a Basic Sport Program

For those who already have taken some of these courses and have an NCCP #, you can log in to see which courses you have left to complete.



1st Dan Requirements

Theory	Grade	Date	Approved by
Written Test 1			
Written Test 2			
Written Test 3			
Written Test 4			
Written Test 5			
Written Test 6			
Technical Exam			
Patterns	Date	Approved by	
Hwa-Rang			
Choong-Moo			
Remaining Seven Patterns			
Step Sparring	Date	Approved by	
3 Step (3)			
2 Step (2)			
1 Step (6)			
Kicking Techniques	Date	Approved by	
360° Midair			
Flying Front Kick Male – arm fingertip (13+) * Female – wrist (13+) * Child – closed fist (<13) *			
Flying Side Kick Male – min 6 shields(13+) Female – min 6 shields (13+) Child – 4-6 shields (<13)			

*Heights are measured by the student extending their arm vertical above their heard. Students under the age of 12 only need to touch board with proper technique and target. Adults 35 and over may have reduced heights.

Power Breaking	Date	Approved by
Knifehand Male – 2-3 boards Female – 1-2 boards (13+)		
Sidekick Male – 3-4 boards (13+) Female 2-3boards (13+) Child – 1-2 boards (<13)		
Self Defence or Pre-Arranged	Date	Approved by
Pre-Arranged Sparring Skit(1 min)		

Instructors Approval to Test: _____ Date: _____



2nd Dan Requirements

Theory	Grade	Date	Approved by
Written Test 1			
Written Test 2			
Written Test 3			
Written Test 4			
Written Test 5			
Written Test 6			
Technical Exam			
Patterns	Date	Approved by	
Kwang Gae			
Po Eun			
Ge Baek			
Remaining 10			
Step Sparring	Date	Approved by	
3 Step (3)			
2 Step (2)			
1 Step (6)			
Kicking Techniques	Date	Approved by	
360° Midair – Shoulder Height			
Flying Turning Kick Male – fist* Female – elbow*			

* Heights are measured by the student extending their arm vertical above their heard. Adults 35 and over may have reduced heights.

Power Breaking	Date	Approved by
Fore fist Male – 2-3 boards Jr. Male – 1-2 boards Elbow Female – 1-2 boards		
Turning Kick Male – 2-3 boards Female 1-2boards Jr. Male – 1-2 boards		
Pre-Arranged	Date	Approved by
Pre-Arranged Sparring (1 min)		

Instructors Approval to Test: _____ Date: _____



3rd Dan Requirements

Theory	Grade	Date	Approved by
Written Test 1			
Written Test 2			
Written Test 3			
Written Test 4			
Written Test 5			
Written Test 6			
Technical Exam			
Patterns	Date	Approved by	
Eui Am			
Choong Jang			
Juche			
Remaining 13			
Step Sparring	Date	Approved by	
3 Step (3)			
2 Step (2)			
1 Step (6)			
Kicking Techniques	Date	Approved by	
Two Directional Kick			
Flying Reverse Turning Kick			
Male – wrist*			
Female – elbow*			

* Heights are measured by the student extending their arm vertical above their head. Adults 35 and over may have reduced heights.

Power Breaking	Date	Approved by
Fore fist Male – 2-3 boards Jr. Male – 1-2 boards Palm Strike or Elbow Female – 1-2 boards		
Flying Back Kick Male – 3-4 boards Female 1-2boards Jr. Male – 1-2 boards		
Pre-Arranged	Date	Approved by
Pre-Arranged Sparring (1 min)		

Instructors Approval to Test: _____ Date: _____



4th Dan Requirements

Theory	ICC Number	Date	Approved by
IIC Required Prior to Grading			
Patterns	Date	Approved by	
Sam Il			
Yoo Sin			
Choi Yong			
Remaining 16			
Step Sparring	Date	Approved by	
3 Step (3)			
2 Step (2)			
1 Step (6)			
Kicking/Special Techniques	Date	Approved by	
Your Choice			
Foot Technique (1):			
Foot Technique (2):			

*Adults 35 and over may have reduced heights.

Power Breaking	Date	Approved by
Your Choice (One of Each):		
Hand Technique:		
Foot Technique:		
Pre-Arranged	Date	Approved by
Pre-Arranged Sparring (1 min)		

Instructors Approval to Test: _____ Date: _____



Important Links:

ITF Taekwon-Do

<https://www.itftkd.sport/>

ITF Instructor Course:

<https://itftkd.sport/events/category/international-instructor-course/>

ITF Umpire Course:

<https://itftkd.sport/events/category/international-umpire-course/>

CATT-Concussion Awareness Training Tool

<https://cattonline.com/coach-course/>

Saskatchewan NCCP Courses:

<https://saskcoach.ca/nccp-training/upcoming-courses/>

Respect in Sport:

https://sasksrc.respectgroupinc.com/koala_final/

Criminal Record Checks:

<http://reginapolice.ca/resources/criminal-record-check/>

<https://saskatoonpolice.ca/recordcheck/>

<http://www.rcmp-grc.gc.ca/en/criminal-record-checks>

Babysitter Course:

<https://regina.ymca.ca/babysitting-course/>

<https://www.redcross.ca/training-and-certification/course-descriptions/first-aid-at-home-courses/babysitting>

<http://www.sasksafety.org/training/youth/babysitter>

[https://sja.ca/en/first-aid-training/babysitting? \(In Class\)](https://sja.ca/en/first-aid-training/babysitting? (In Class))

[https://sja.ca/en/first-aid-training/babysitting-virtual? \(Virtual\)](https://sja.ca/en/first-aid-training/babysitting-virtual? (Virtual))