



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-_____

The testing application form, this report card and photo for your ID card must be submitted prior to the technical exam. Testing fee may be paid the day of testing but must be submitted to GM Norman prior to the examination start time.

Photos should be emailed to ctfi@sasktel.net and sasktkd@gmail.com



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Age Requirements:

1. Red belt 1st grade must train a minimum of 6 months prior to applying to test for 1st Degree. (minimum age 12, in the year of testing)
2. 1st Dan – 2nd Dan, 1 ½ years (minimum age 14, in the year of testing)
3. 2ND Dan – 3RD Dan, 2 years (minimum age 16, in the year of testing)
4. 3rd Dan – 4th Dan, 3 years (minimum age 21)

Training/Participation Requirements

- Train at least 2-3 times a week.
 - Saturday Class requirements:
 - Under 35 must train a minimum of 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.
- Attend Black belt classes at designated times in your area.
- 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.
- **All Black belts must attend all International Instructor Courses if held in Saskatchewan.**
- Complete the courses listed below under “Course Requirements” prior to testing

NCCP Requirement Information:

For 1st dan, any 3 modules must be completed. For 2nd dan, any 6 modules must be completed. This includes the 3 modules completed for 1st dan.

*Special Notes:

If you are under the age of 16 at the time of testing for 1st Dan, it is your responsibility once you turn 16 to complete any 3 modules.

Please visit <https://coach.ca/training-modules> to see the modules offered. Some are online at your own pace, some are offered online “live” (specific dates and times), and some are in person only.

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.

Please submit a copy of your NCCP Locker list of completed courses prior to testing with this report card. You can find this under “Profile – Certification”.



Course Module List Through www.saskcoach.ca . These are offered specific on dates and times.

1. Make Ethical Decisions
2. Planning a Practice
3. Coaching and Leading Effectively
4. Basic Mental Skills
5. Design a Basic Sport Program
6. Psychology of Performance

Course Module List offered through “My Locker” under eLearning www.thelocker.coach.ca

1. Sport Nutrition
2. Creating a Positive Sport Environment
3. Emergency Action Plan
4. Making Head Way in Sport
5. Coaching Athletes with a Disability
6. Mental Health in Sport

Umpire Requirement Information:

All Black belts must take a National Umpire seminar held by the CTFI Umpire Committee. They must take a refresher course as required by The Saskatchewan Technical Director once per year. Between 4th Dan+ must be certified class “B” by ITF.

1st – 2nd Dan:

- Must attend 1 Provincial or National umpire course since last promotion (Level “C” 16+, under 16 Level “D”)
- Full time Umpire or umpire/competitor at any kind of competition since last promotion

2nd – 3rd Dan:

- Must attend 1 National Technical Seminar course since last promotion (National Level “B”)
- Full time Umpire or umpire/competitor at any kind of competition since last promotion.

3rd – 4th Dan:

- Must follow 1 National Umpire Course since the last promotion (National Level “B”)
- 2 Full time Umpire or Umpire/competitor/coach at CTFI competition since last promotion



Course Requirements:

Requirement	Rank Requirement	Modules/NCCP Number	Date Achieved	Approved by
NCCP any 3 modules	1 st Dan (over 16)	_____	_____	
		_____	_____	
		_____	_____	
NCCP any 6 modules (includes 3 as 1 st Dan if already completed)	2 nd Dan+ (over 16)	_____	_____	
		_____	_____	
		_____	_____	
SaskSport – Respect in Sport	All			
CATT Concussion	All Must be taken within 1 year of testing date			
National Technical Seminar	All	_____	_____	
1 st Dan		_____	_____	
2 nd Dan		_____	_____	
3 rd Dan		_____	_____	
4 th Dan		_____	_____	
First Aid (16+)	Must be taken within 2 years of testing date			
Babysitters Course (under 16)	Under 16			
Criminal Record Check w/Vulnerable Section Check(18+)	All 18+			
Sask Umpire Course	1 st Dan			
National Umpire Course	2 nd Dan+	_____	_____	
1 st Dan		_____	_____	
2 nd Dan		_____	_____	
3 rd Dan		_____	_____	
4 th Dan		_____	_____	
National Technical Seminar	2 nd Dan+	_____	_____	
2 nd Dan		_____	_____	
3 rd Dan		_____	_____	
4 th Dan		_____	_____	
International DO Course (IDC)	4 th Dan			
International Instructor Seminar (IIC)	4 th Dan			



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			
Special Technique Breaking			
Flying Front Kick Male – arm fingertip * Female – wrist * <14 Pre Junior – closed fist *			
Flying Side Kick Male – min 6 shields Female – min 6 shields <14 Pre Junior – 4-6 shields			

*Heights are measured by the student extending their arm vertically above their head. 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 – 1-2 boards Female – 1-2 boards <14 Pre Junior – 1 board		
Sidekick Male – 2-3 boards Female – 1-2 boards <14 Pre Junior – 1		
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			
Special Technique Breaking			
Flying Turning Kick Male – fist* Female – elbow*			

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

Power Breaking	Date	Approved by
Fore fist Male – 1-2 boards		
Elbow Female – 1-2 boards		
Turning Kick Male – 2-3 boards Female 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)			
Special Technique Breaking	Date		Approved by
Two Directional Kick			
Flying Reverse Turning Kick Male – wrist* Female – elbow*			

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

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

Instructors Approval to Test: _____

Date: _____



4th 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	
Sam Il			
Yoo Sin			
Choi Yong			
Remaining 16			
Step Sparring	Date	Approved by	
3 Step (3)			
2 Step (2)			
1 Step (6)			
Model Sparring (3)			
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:		
Self Defense	Date	Approved by
15 Self Defense (combination of release, breaking, attacking as found in the encyclopedia)		

Instructors Approval to Test: _____

Date: _____



Important Links:

CTFI Website – Upcoming Events for **National Seminar and Umpire Courses**

www.ctfi.org

ITF Taekwon-Do Website

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

ITF Instructor Upcoming Courses

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

ITF Umpire A/B Upcoming Courses:

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

CATT-Concussion Awareness Training Tool

<https://cattonline.com/course/concussion-awareness-training-tool-for-coaches>

Saskatchewan NCCP Courses (Date and Time Specific)

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

Coach Canada – Access to “My Locker” and eLearning Modules

www.thelocker.coach.ca

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))