

Moo Do Taekwondo Association Testing Requirements

Rank Testing For:	Min. Age	Time in Grade (Years)	Poomsae	Sparring Rounds	Self Defense	Board Break	Essay (Single Space, 12 Font)	Tournament and/or Judging Participation (per year)	Instructor Status	Judges Certification /Score Keeper	Midterm Required Per Year
1 st Dan			Taeguk 7 Taeguk 8	2	5 One Steps	Pick one: Sidekick Front Pick one: Elbow Palm	What a Black Belt Means to Me 2 pages 15 and below 4 pages 16 and above	2 as color belt 1 as Candidate	x	x	Per Dojang
2 nd Dan		1.5	Koryo Taeguk 8	2	5 One Steps	Pick One: Round Kick Reverse Sidekick Pick One: Knife Hand Back Elbow	My Life and Taekwondo 2 pages 15 and below 4 pages 16 and above	2	x	x	Per Dojang
3 rd Dan		2	Geumgam Koryo	2	5 One Steps	Pick One Jump Reverse Side Axe Hook Jump Front Pick One Hammerfist Upset Knifehand	Definition of Black Belt and Responsibility 2 pages 15 and below 4 pages 16 and above	3	x	Level 1 (Ages 14 and above) Score Keeper (Ages 14 and below)	Per Dojang
4 th Dan		3	Taebak Geumgam	2	5 One Steps	Pick One 2 continuous kicks without putting foot down Spin Hook & Jump Side Pick One Upset Hammer Downward Elbow	Instructor Responsibility 2 pages 15 and below 4 pages 16 and above	3	Junior Leader, Trainee or Certified Instructor	Level 1 or 2 (Based on Min Age restriction)	1 per Year at Moo Do For Age 18 and above. Optional for under age 18 Plus amy dojang required

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5 th Dan	22 if from Poom; 25 if from Dan	4	Pyongwon Taebaek	2	5 Ho Sin Sul from Designated Attack* 3 Creative Ho Sin Sul	Submit for approval 2 Foot Breaks 1 Hand Break	Meaning of Taekwondo Master 4 pages	3	Certified Instructor	Level 3	1 per year at Moo Do Plus any dojang required
6 th Dan	30	5	Jitae Sipjin Pyongwon	2	5 Ho Sin Sul from Designated Attack* 3 Creative Ho Sin Sul	Submit for approval 2 Foot Breaks 1 Hand Break	Open Topic Related to Taekwondo 10 pages 400-500 words per page	3	Certified Instructor	Level 3	1 per year at Moo Do Plus any dojang required
7 th Dan	36	6	Cheonkwon Jitae SipJin	2	5 Ho Sin Sul from Designated Attack* 3 Creative Ho Sin Sul	Submit for approval 2 Foot Breaks 1 Hand Break	Open Topic Related to Taekwondo 10 pages 400-500 words per page	X	Certified Instructor	Level 3	1 per year at Moo Do Plus any dojang required
8 th Dan	44	8	Hansoo Cheonkwon Jitae	x	5 Ho Sin Sul from Designated Attack* 3 Creative Ho Sin Sul	Submit for approval 2 Foot Breaks 1 Hand Break Plus concrete break optional	Select one: Status of Kukkiwon TKD it's country; Effective Taekwondo teaching method; Technical Development of Taekwondo 10 pages 400-500 words per page	X	Certified Instructor	Level 3	1 per year at Moo Do Plus any dojang required
9 th Dan	53	9	Illyo Hansoo Cheonkwon	x	5 Ho Sin Sul from Designated Attack* 3 Creative Ho Sin Sul	Submit for approval 2 Foot Breaks 1 Hand Break Plus concrete break optional	Select One: My Taekwondo Life ; Taekwondo Spirit 10 pages 400-500 words per page	x	Certified Instructor	Level 3	1 per year at Moo Do Plus any dojang required