1st KUP to 1ST DAN/POOM

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| **LEVEL** | | | **TRAINING PERIOD** | |
| Advanced | | | Six months from 1st kup. To be recommended by Raw Taekwondo*-*recognised instructor (4th dan or above) | |
| **GUIDANCE** | | | | |
| Candidate to have participated in at least one seminar held by Raw Taekwondo Scotland or Guest Grand Master since their last dan grading. | | | | |
| **TECHNICAL CONTENT** | | | **TECHNICAL ASSESSMENT** | **GRADING STANDARD** |
| **Poomsae** | Taegeuk Pal Jang | | Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit. | 90% of techniques performed to Advanced Standard. |
| Up to two others | |
| **Basics** | Various kicks, blocks and strikes | To be chosen by panel, if required | Use both hands (for action and reaction) to block and strike. All kicks, strikes and blocks should follow the correct route to target and hit with the correct part of the hand or foot. Your standing foot/feet must be correct. | 90% of techniques performed to Advanced Standard. |
| **Sparring**  (Appropriate PPE.) | One-for-one kicking | Performed on the spot, exhibiting varied techniques and speed**.** | All techniques to relevant targets | 90% of techniques performed to Advanced Standard. |
| One-step | Exhibit varied techniques (same on both sides). No take-downs. | Variety of techniques to all relevant targets. | 90% of techniques performed to Advanced Standard. |
| Sport  page17image1944710144 | Contact sparring | Attacks and counter-attacks to head and body. WT Competition Rules. | 90% of techniques performed to Advanced Standard. |
| **Self-defence** | Wrist & collar grabs | Releases, with locks and strikes to counterattack. You may offer the part you wish tobe grabbed but must deal with it quickly. | Understanding and effective application of techniques | 90% of techniques performed to Advanced Standard. |
| **Power test** | Senior  (i.e., 16 years and over) | Side kick | Correct part of foot | Power and technique are the primary criteria. Candidate should break the board. |
| Junior (i.e., 15 years and younger) | Extra (minimum further two minutes) sport sparring. | Attacks and counter-attacks to head and body. WT Competition Rules | 90% of techniques performed to Advanced Standard. |

These are the minimum recommendations for 1st dan.

1st DAN/POOM to 2nd DAN/POOM

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| LEVEL | | | TRAINING PERIOD | |
| Advanced | | | 1 year from 1st Dan. To be recommended by instructor (4th dan or above) | |
| GUIDANCE | | | | |
| Candidates must show confidence and good technical ability in all areas of taekwondo. There should be no serious technical errors and no hesitation or uncertainty in performance of techniques. Candidates should show initiative in performing combination techniques. Candidate to have participated in at least one grading seminar held by the Raw Taekwondo since their last dan grading. | | | | |
| TECHNICAL CONTENT | | | TECHNICAL ASSESSMENT | GRADING STANDARD |
| Poomsae | Koryo | | Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit. | 90% of techniques performed to Advanced Standard. |
| Up to two others | |
| Basics | Various kicks (including jumping) | To be chosen by panel, if required. | All kicks should follow the correct route to target and hit with the correct part of the foot. | 90% of techniques performed to Advanced Standard. |
| Sparring  (Appropriate PPE.) | One-for-one kicking | Performed on the spot, exhibiting varied techniques and speed. | All techniques to relevant targets. | 90% of techniques performed to Advanced Standard. |
| One-step | Exhibit varied techniques (same on both sides). Take-downs essential. | Variety of techniques to all relevant targets. | 90% of techniques performed to Advanced Standard. |
| Sport | Contact sparring. | Attacks and counter-attacks to head and body. WT Competition Rules. | 90% of techniques performed to Advanced Standard. |
| Self-defence | Wrist & collar grabs. Bear hug | Attack from front and rear. Releases, with locks, kicks and strikes to counterattack. The attacker decides where to grab. | Understanding and effective application of techniques. Techniques must be practical. | 90% of techniques performed to Advanced Standard. |
| Power test | Senior  (i.e., 16 years and over) | Candidate’s choice of two techniques (one hand and one foot technique) | The aim is to show proper control of your striking weapon (hitting with the appropriate part of the hand or foot), proper standing foot positions, balance and distance, as well as moving quickly between both techniques. | Power and technique are the primary criteria. Candidate should break the boards. |
| Junior (i.e., 15 years and younger) | Extra (minimum further two minutes) sport sparring. | The sparring must demonstrate dynamic, effective techniques. | 90% of techniques performed to Advanced Standard. |

These are the minimum recommendations for 2nd dan.

2nd DAN/POOM to 3rd DAN/POOM

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| LEVEL | | | TRAINING PERIOD | |
| Advanced | | | 2 years from 2nd Dan. To be recommended by instructor (4th dan or above). | |
| GUIDANCE | | | | |
| Candidates must show confidence, good technical ability and understanding of the mechanical principles in all areas of taekwondo. Performance in all areas must be dynamic and must show fluidity, variety and imagination. Candidate to have participated in at least one Dan grade seminar held by the Raw Taekwondo since their last dan grading. | | | | |
| TECHNICAL CONTENT | | | TECHNICAL ASSESSMENT | GRADING STANDARD |
| Poomsae | Keum Gang | | Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit. | 90% of techniques performed to Advanced Standard. |
| Up to two others | |
| Sparring  (Appropriate PPE.) | One-for-one kicking | Performed on the spot, exhibiting varied techniques and speed. | All techniques to relevant targets. | 90% of techniques performed to Advanced Standard. |
| One-step | Exhibit varied techniques (same on both sides). Take-downs essential. | Variety of techniques to all relevant targets. | 90% of techniques performed to Advanced Standard. |
| Sport | Contact sparring. | Attacks and counter-attacks to head and body. WT Competition Rules. | 90% of techniques performed to Advanced Standard. |
| Self-defence | Wrist & collar grabs. | Attack from front and rear. Releases, with locks, kicks and strikes to counterattack. The attacker decides where to grab. | Techniques must be practical. | 90% of techniques performed to Advanced Standard. |
| Against knife attack | Thrust, slash and downward strike. | Techniques must be practical. Attacker must be disarmed. | 90% of techniques performed to Advanced Standard. |
| Power test | Senior  (i.e., 16 years and over) | Candidate’s choice of two techniques in different directions. | Proper control of your striking weapon (with the appropriate part of the hand or foot), balance and distance, as well as moving continuously between both techniques. | Power and technique are the primary criteria. Candidate should break the boards. |
| Junior (i.e., 15 years and younger) | Extra (minimum further two minutes) sport sparring. | The sparring must demonstrate dynamic, effective techniques. | 90% of techniques performed to Advanced Standard. |

These are the minimum recommendations for 3rd dan.

3rd DAN/POOM to 4th DAN/POOM

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| LEVEL | | | TRAINING PERIOD | |
| Advanced | | | 3 years from 3rd Dan To be recommended by instructor (4th dan or above) | |
| GUIDANCE | | | | |
| This rank allows the holder to be a kup grade examiner. Besides having good technical ability, candidates must demonstrate thorough understanding of the mechanics and applications of techniques. At this level, candidates should be involved in teaching taekwondo (although it is not essential that they run their own schools). Candidate to have participated in at least one Dan grade seminar held by the Raw Taekwondo since their last dan grading. | | | | |
| TECHNICAL CONTENT | | | TECHNICAL ASSESSMENT | GRADING STANDARD |
| Poomsae | Tae Baek | | Hit your targets. Use both hands (for action and reaction) to block and strike. Show speed, control, flexibility, balance, concentration and spirit. | 90% of techniques performed to Advanced Standard. |
| Keum Gang | |
| Three Tae Geuk Poomsae | Panel’s choice from Sa Jang to Pal Jang |
| Sparring  (Appropriate PPE.) | One-for-one kicking | Performed on the spot, exhibiting varied techniques and speed. | All techniques to relevant targets. | 90% of techniques performed to Advanced Standard. |
| One-step | Exhibit varied techniques (same on both sides). Take-downs essential. | Variety of techniques to all relevant targets. | 90% of techniques performed to Advanced Standard. |
| Sport | Contact sparring. | Attacks and counter-attacks to head and body. WT Competition Rules. | 90% of techniques performed to Advanced Standard. |
| Self-defence | Against knife attack | Free style; thrust only. | Attacker must be disarmed. The aim is to show control of the knife by means of blocks, locks, strikes and take-downs. Attacks are continuous. | 90% of techniques performed to Advanced Standard. |
| Against grabs | Free style. | Attacker must be taken down. Attacker has the choice of how and what to grab. | 90% of techniques performed to Advanced Standard. |
| Power test | Senior  (i.e., 16 years and over) | Candidate’s choice of two jumping techniques. | Proper control of your striking weapon (with the appropriate part of the hand or foot), balance and distance, as well as moving continuously between both techniques. | Power and technique are the primary criteria. Candidate should break the boards. |
| Junior (i.e., 15 years and younger) | Extra (minimum further two minutes) sport sparring. | The sparring must demonstrate dynamic, effective techniques. | 90% of techniques performed to Advanced Standard. |

These are the minimum recommendations for 4th dan.