

55<sup>th</sup> ANNIVERSARY



# UNITED KINGDOM TAEKWON-DO ASSOCIATION

**NATIONAL SEMINAR & BLACK BELT GRADING**  
**4<sup>th</sup> – 6<sup>th</sup> MARCH 2022**  
**ELGIN, SCOTLAND**



# 1 ORGANISATION

## 1.1 MAIN CONTACT:

Registration enquiries to be made via **UKTA Office Manager — Carrie King**

Please apply Online via [www.ukta.com](http://www.ukta.com)

Email: [officemanager@ukta.com](mailto:officemanager@ukta.com)

## 1.2 MAIN MAILING ADDRESS:

### UK Taekwon-Do Association

PO Box 24  
Crawley  
West Sussex  
RH10 4ZH

Tel: +44(0)845 129 7158

Open 9am — 3pm (GMT) Monday to Thursday

National Secretary — **Master Sean Cattanach**

Email: [s\\_cattanach@msn.com](mailto:s_cattanach@msn.com)

## 1.3 UKTA EXECUTIVE COMMITTEE & GRADING PANEL

**GM John Williamson**, President of the UK Taekwon-Do Association

**GM Michael Prewett**, President of EITF, Chairman of EITF Umpire Committee

**GM John Taylor**, President ITF Wales

**GM Gary Miller**, Member of EITF Umpire Committee

## 1.4 LOCAL HOSTS:

**GM John Williamson, Master Sean Cattanach and Elgin School of Taekwon-Do**



## 2 WHEN & WHERE

### 2.1 DATE:

4th - 6th March 2022

Friday 4 <sup>th</sup>	4.30pm	Registration
	5.00pm to 8.00pm	Evening Seminar
Saturday 5 <sup>th</sup>	9.30am	Registration
	10.00am to 1.00pm	Morning Seminar
	2.00pm to 5.00pm	Afternoon Seminar
Sunday 6 <sup>th</sup>	9.00am to 3.00pm	Grading

### 2.2 VENUE:

#### Moray Sports Centre

Linkwood Road,  
Elgin  
IV30 8AR

**Web:** [www.moraysportscentre.co.uk](http://www.moraysportscentre.co.uk)

**Email:** [feedback@moraysportscentre.co.uk](mailto:feedback@moraysportscentre.co.uk)

**Tel:** +44(0) 1343 610 670



Moray Sports Centre is situated approximately 2.5 miles from the center of Elgin on Linkwood Road and is easily accessible by road from the A96. We are 40 miles from Inverness and 65 miles from Aberdeen via the A96. Alternative routes from Aberdeen are via the A920 and A96 or via the A96 and A941.

***Please note: There is a restaurant on site called Calum's Kitchens - only food purchased on site may be consumed in the restaurant.***



### 3 LOCATION INFORMATION

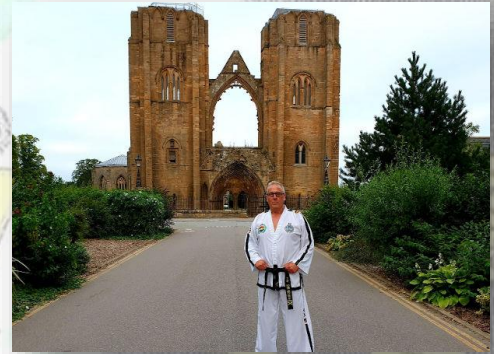
#### 3.1 ELGIN

Nestled in the world-famous whisky region, Elgin lies on the south coast of the Moray Firth roughly midway between Inverness and Aberdeen and straddles the River Lossie.



The town offers many pleasant characteristics, breathtaking scenery and a number of local distilleries including Glen Moray, Gordon & MacPhail and Glen Elgin, most of which have open days for the public and whisky trails.

On North College Street is the lovely ruin of Elgin Cathedral. Once considered Scotland's most beautiful cathedral, rivalling St Andrews in importance, today it is little more than a shell, though it does retain its original facade. Unusual features include the Pictish cross slab in the middle of the ruins and the cracked gravestones with their memento mori of skulls and crossbones.



At the very top of High Street is one of Britain's oldest museums, the Elgin Museum, housed in this building since 1843.

#### 3.2 TRAVELLING

##### PLANE

**INVERNESS AIRPORT – 32 miles drive via A96 to Elgin**

**ABERDEEN AIRPORT – 60 miles drive via A96 to Elgin**

##### TRAIN

**ELGIN STATION**

##### CAR

**Elgin is about 3.5hrs from Glasgow via the M80 and A9**



### 3.3 ACCOMMODATION

There are plenty of hotels and B&B's in and around Elgin that can be booked via the usual hotel booking sites. Just make sure you book for **Elgin Scotland** and not Elgin USA!

#### Premier Inn Elgin

**Address:**

15 Linkwood Way, Elgin, Moray IV30 1HY

**Web:** [www.premierinn.com](http://www.premierinn.com)

**Tel:** +44(0) 333 777 7926



#### Travelodge Elgin

**Address:**

5 Coxtan Park, A96, Elgin, IV30 8AZ, United Kingdom

**Web:** [www.travelodge.co.uk/hotels/671/Elgin-hotel](http://www.travelodge.co.uk/hotels/671/Elgin-hotel)

**Tel:** +44(0) 8719 846560

## 4 GRADING, MINIMUM CRITERIA

### 4.1 GENERAL

#### 4.1.1 Patterns:

Perform all patterns to the requirement of your current grade.

#### 4.1.2 Sparring:

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

#### 4.1.3 Breaking:

Plastic boards and breaking materials will be supplied. Bricks will be standard LBC Fletton type.

##### **Minimum dimensions of timber for the relevant technique.**

- Power and Flying - 280mm x 280mm x 23mm
  - Multi - target & Fingertip only - 280mm x 280mm x 12mm
- Students grading to 5th, 6th or 7th Degree may bring their own breaking materials.

##### **Minimum Breaking Requirement**

- Male - 1 full red board  
If record shows 1 board all techniques, then more than 1 board will be expected.
- Female - 1 full board  
Plastic Boards not as hard as the red are available.
- Junior - Discretion is needed - age & size to be considered  
Junior plastic boards are available.
- Child - Discretion is needed  
Children must be able to perform kicks correctly.  
There are very weak plastic boards available.

### 4.2 PROMOTION FROM 1ST KUP TO 1ST DEGREE

**4.2.1** Must be prepared to perform side, turning and reverse turning kick with both legs on a new red breaker board.

**4.2.2** A choice of punch or knife-hand strike on a LBC Fletton brick, in an upright holder (not a requirement for children or juniors; adult females may choose 1 brick stamping kick).

**4.2.3** Must be a minimum of 11 years of age.



### 4.3 PROMOTION FROM 1ST DEGREE TO 2ND DEGREE

**4.3.1** Flying turning kick on a wooden board with left and right legs. The kick must be performed from a stationary L-stance position using a two foot take off (Not scissor action).

*Under 40 years – Bottom of board positioned at the top of the head.*

*40 to 49 years - Bottom of board positioned on the nose.*

*Over 50 years – Middle of the board on the nose*

**4.3.2** Reverse turning kick on breaker board/s.

**4.3.3** Fore fist punch on a brick using left and right hands (not a requirement for children or juniors; adult females may choose 2 bricks stamping kick). Brick is to be positioned as 1st Kup requirements.

**4.3.4** Must be a minimum of 14 years of age.

**4.3.5** Must have a minimum 18 months training since last promotion. Minimum number of timber boards for the following relevant technique. Please refer to 'Breaking Criteria Supplement for further details.

- Male - Power foot 4 boards, hand 3 boards
- Male - Flying 1 board
- Female - Power foot 3 boards, hand 2 boards
- Female - Flying 1 board
- Junior - Power 1-3 boards with discretion (age & size)
- Junior - Flying 1 board

## 4.4 PROMOTION FROM 2ND DEGREE TO 3RD DEGREE

- 4.4.1** Flying high kick on a wooden board with left and right legs. The kick must be performed from a stationary L-stance using a scissor action with no stepping.

*Under 40 years – Centre of board positioned at fingertips with arms at full stretch.*

*40 to 49 years – Centre of board positioned at fist height with arms at full stretch.*

*Over 50 years – Centre of board positioned at fist height with arms at full stretch.*

*If the Target can be reached from standing it must be higher for the jump.*

- 4.4.2** Overhead kick on a wooden board using left and right legs.

*Under 40 years – 3 sections of a standard gym horse or soft equivalent.*

*40 to 49 years – 3 sections of a standard gym horse or soft equivalent.*

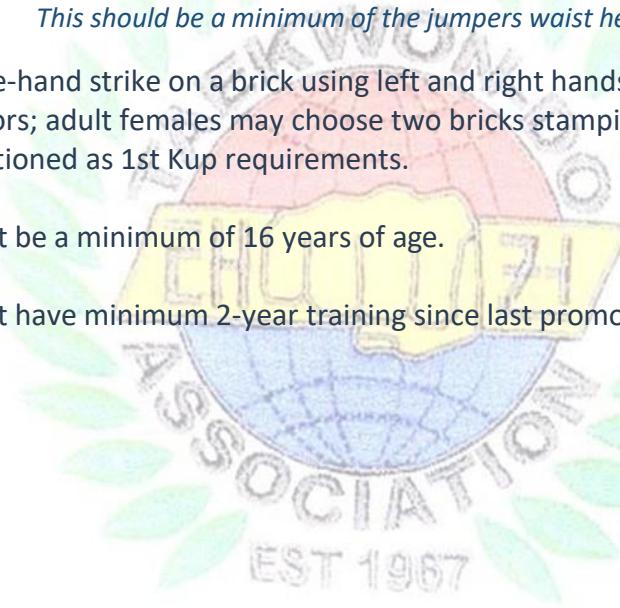
*Over 50 years – 2 sections of a standard gym horse or soft equivalent.*

*This should be a minimum of the jumpers waist height.*

- 4.4.3** Knife-hand strike on a brick using left and right hands (not a requirement for juniors; adult females may choose two bricks stamping). Brick is to be positioned as 1st Kup requirements.

- 4.4.4** Must be a minimum of 16 years of age.

- 4.4.5** Must have minimum 2-year training since last promotion.





## 4.5 PROMOTION FROM 3RD DEGREE TO 4TH DEGREE

**4.5.1** Back fist strike on a breaker board using left and right hands. Boards are to be held in a standard breaking stand.

**4.5.2** Flying reverse turning kick using left and 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.

*Under 40 years – Bottom of board positioned at the top of the head.*

*40 to 49 years - Bottom of board positioned on the nose.*

*Over 50 years – Middle of the board on the nose.*

**4.5.3** Mid-air kick on breaker board(s) using left and right legs. The kick must be performed from a stationary L - stance position using a two foot take off (No stepping). The breaker board(s) will be held in a standard breaking stand, with the center of the boards at solar plexus level.

**4.5.4** Must be a minimum of 22 years of age.

**4.5.5** Must have a minimum of 3 years training since last promotion.

**4.5.6** Must be an "A" Class Instructor.

**4.5.7** Must be an "A" Class Umpire.

**4.5.8** Must support a minimum of 2 UKTA events per year.

**4.5.9** Ideally running their own school.

**4.5.10** Must actively be promoting the UKTA.



## 4.6 PROMOTION FROM 4TH DEGREE TO 5TH DEGREE

**4.6.1** Fingertip thrust using left and right hands on a wooden board no less than 230mm x 230mm x 12mm. The board will be supported by other assistant instructors.

*Under 40 years – Centre of board positioned at fingertips with arms at full stretch.  
40 to 49 years – Centre of board positioned at fist height with arms at full stretch.  
Over 50 years – Top of board positioned at fist height with arms at full stretch.*

**4.6.2** Overhead kick on a wooden board using left and right legs. The height of the board is to be selected by the student performing.  
A run up may be used.

*Under 40 years – 3/4 sections of a standard gym horse or soft equivalent.  
This should be approx. shoulder height, the jumpers chest height minimum.  
40 to 49 years – 3 sections of a standard gym horse or soft equivalent.  
This should be a minimum of the jumpers solar plexus height.  
Over 50 years – 3 sections of a standard gym horse or soft equivalent.  
This should be a minimum of the jumpers waist height.*

**4.6.3** Flying twisting kick using left and right legs on a wooden board. The height of the board is determined as for flying high kick. A short run up may be used.

**4.6.4** Must be a minimum of 25 years of age.

**4.6.5** Must have a minimum 4 years training since last promotion.

## 4.7 PROMOTION FROM 5TH DEGREE TO 6TH DEGREE

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

1. Optional hand technique.
2. Optional foot technique.
3. Multi target flying technique (minimum three targets with feet).
4. Must be a minimum of 30 years of age.
5. Must have a minimum 5 years training since last promotion.

## 4.8 PROMOTION FROM 6TH DEGREE TO 7TH DEGREE

**4.8.1** A choice demonstration that must include:

1. Pattern Tong-II.
2. Power breaking hand.
3. Power breaking foot.
4. Jumping/Flying breaking.
5. Must be a minimum of 37 years of age.
6. Must have a minimum 6 years training since last promotion.



## 4.9 REDUCTIONS IN TRAINING TIMES

**4.9.1** Reductions to the minimum training time between promotions (effective from 1st Sep. 2015) can be achieved by students attending ITF Technical Seminars between gradings;

### Up to 2nd Degree

- ❖ 1st seminar; 2 months' reduction
- ❖ 2nd seminar; +1 month reduction

### 3rd Degree and 4th Degree

- ❖ 1st seminar; 3 months' reduction
- ❖ 2nd seminar: +1 month reduction
- ❖ 3rd seminar; +1 month reduction

### 5th Degree and 6th Degree

- ❖ 1st seminar; 4 months' reduction
- ❖ 2nd seminar: +1 month reduction
- ❖ 3rd seminar; +1 month reduction

### 7th Degree and above

- ❖ No reduction awarded to 7th Degree and 8th Degree holders.

