



# UNITED KINGDOM TAEKWON-DO ASSOCIATION **NATIONAL SEMINAR** **AND BLACK BELT GRADING** 3<sup>rd</sup> – 5<sup>th</sup> MARCH 2023 CARDIFF, WALES



## INVITATION

Dear Grand Masters, Masters, Instructors and Students,

The United Kingdom Taekwon-Do Association (UKTA) proudly invites you to attend the National Seminar and Black Belt Grading exam (Simsa) for Degree promotion (Overseas visitors only – subject to NGB/ITF approval), in the Capital of Wales, Cardiff.

The National Seminar & Black Belt Grading will take place from 3<sup>rd</sup> – 5<sup>th</sup> March 2023, conducted by the UKTA President GM John F Williamson, ITF Wales President GM John Taylor, and EITF Chair of Tournament & Umpire Committee GM Gary Miller.

On behalf of the UKTA I hope that you will join us in the Capital City of Wales, Cardiff for this the first National UKTA event of 2023.

Please do not hesitate to contact me for any advice or with any questions.

I look forward to seeing you soon.

Yours in Taekwon-Do,

Mr Darren Johns VI Dan  
Cardiff North Taekwon-Do School

# 1 ORGANISATION

## 1.1 MAIN CONTACT:

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

Please apply Online via <https://ukta.com/bb-mar-2023/>

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

**GM John Taylor**, President ITF Wales

**GM Gary Miller**, Chairman of the EITF Umpire and Tournament Committee

## 1.4 LOCAL HOSTS:

Mr Darren Johns VI Dan  
Cardiff North Taekwon-Do Scool  
C.M.C Sports & Social Club  
University Hospital Wales  
Cardiff

## 2 WHEN & WHERE

### 2.1 DATE: 3<sup>rd</sup> – 5<sup>th</sup> March 2023

Friday 3 <sup>rd</sup>	5.30pm 6.00pm to 9.00pm	Registration Seminar Session 1
Saturday 4 <sup>th</sup>	9.30am 10.00am to 1.00pm 2.00pm to 5.00pm 5.30pm	Registration Seminar Session 2 Seminar Session 3 2 <sup>nd</sup> Kup Grading and Pre-Grading
Sunday 5 <sup>th</sup>	9.00am to 3.00pm	Grading

### 2.2 VENUE:

**C.M.C Sports & Social  
Sports Hall**  
University Hospital Wales,  
Heath Park, Cardiff  
CF14 4XW



### 2.3 TRAVELLING TO C.M.C. SPORTS & SOCIAL

#### PLANE

Cardiff Airport – 8.4 Miles

#### TRAIN

Cardiff Central Station – 5 Miles

**CAR – DIRECTIONS WILL BE PROVIDED CLOSER TO THE EVENT.**

### 3 COSTS & REGISTRATION

#### 3.1 COSTS

- 1) Seminar Only - £100
- 2) Seminar and Colour Belt Grading or Pre-Grading - £120
- 3) Seminar and Black Belt Grading

Grade Applied For	Minimum Age	ITF Booklet Holder	Non ITF Booklet Holder
1 <sup>st</sup> Dan	11 years	£230	£255
2 <sup>nd</sup> Dan	14.5 years	£250	£275
3 <sup>rd</sup> Dan	16.5 years	£305	£330
4 <sup>th</sup> Dan	19.5 years	£365	£390
5 <sup>th</sup> Dan	23.5 years	£415	£440
6 <sup>th</sup> Dan	28.5 years	£450	£475
7 <sup>th</sup> Dan	34.5 years	£660	£685

#### 3.2 REGISTRATION

All participants must register by completing the online form that can be found on [www.ukta.com/bb-grading-mar-23](http://www.ukta.com/bb-grading-mar-23)

*Grading applicants of IV Dan and above must have sought ITF Permission prior to applying to grade. Form can be found here and downloaded*

*Rules and Forms – [International Taekwon-Do Federation \(itf-tkd.org\)](http://International Taekwon-Do Federation (itf-tkd.org))*

**NOTE:** The deadline for the Grading applications is 15th February 2023 and 27<sup>th</sup> February 2023 for seminar only applications.

## 4 LOCATION INFORMATION

### 4.1 ACCOMMODATION

UKTA suggests the following Hotels near the Sports Hall.

## Holiday Inn Cardiff City

**1 Castle Street  
Cardiff  
Tel: 0870 400 8140**

The Holiday inn is in the city center and approx. 3 miles from the sports hall, an easy 10-15 min journey. Mr. Johns has secured a significantly reduced rate for bed and breakfast.



**On reservation please quote the following to secure the price CODE TK1.**

### Alternatives

TravelLodge, Manor Way  
Beverley Hotel 75 Cathedral Road 0292034 3443  
Church Guest House 109 Cathedral Road 0292034 0881  
Crowndale Hotel 58 Cathedral Road 0292034 4060  
Dexby Town House 126 Cathedral Rd 0292034 0882  
Georgian Hotel 179 Cathedral Road 0292023 2594  
The Town House 70 Cathedral Road 0292023 9399

### Hotels further afield: -

Angel Hotel Castle Street, Cardiff 0292064 9200  
Cardiff Marriott Mill Lane, Cardiff 0292039 9944  
Express by Holiday Inn Atlantic Wharf, Cardiff Bay 0292044 9000  
Hilton Cardiff Kingsway, Cardiff 0292064 6300

Premier Inn Cardiff City Belmont House Churchill Way Cardiff 0871 527 8196  
St David's Hotel & Spa Havannah Street, Cardiff Bay, 0292045 4045  
Thistle Cardiff 1 Park Place, Cardiff 0292038 3471  
Days Inn Port Road, Rhoose, Barry 01446 710787  
Youth Hostel Ty Croeso, Wedal Road, Roath 0292046 2303

### 4.2 WHAT TO SEE IN CADIFF

Cardiff Castle  
National museum  
Cardiff Bay  
Welsh Assembly

## 5 BLACKBELT GRADING, MINIMUM CRITERIA

### 5.1 GENERAL

#### 5.1.1 Patterns:

Perform all patterns to the requirement of your current grade.

#### 5.1.2 Sparring:

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

#### 5.1.3 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.

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

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

**5.2.2** 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).

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



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

**5.3.1** 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*

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

**5.3.3** 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.

**5.3.4** Must be a minimum of 14.5 years of age.

**5.3.5** 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

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

**5.4.1** 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.*

**5.4.2** 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.*

**5.4.3** 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.

**5.4.4** Must be a minimum of 16.5 years of age.

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



## **5.5 PROMOTION FROM 3RD DEGREE TO 4TH DEGREE**

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

**5.5.2** 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.*

**5.5.3** 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.

**5.5.4** Must be a minimum of 19.5 years of age.

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

**5.5.6** Ideally running their own school.

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

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

- 5.6.1** 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.*

- 5.6.2** 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.*

- 5.6.3** 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.

- 5.6.4** Must be a minimum of 23.5 years of age.

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

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

- 5.7.1** 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 28.5 years of age.
5. Must have a minimum 5 years training since last promotion.

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

- 5.8.1** 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 34.5 years of age.
6. Must have a minimum 6 years training since last promotion.

## 5.9 REDUCTIONS IN TRAINING TIMES

**5.9.1** 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.