

57th ANNIVERSARY



UNITED KINGDOM TAEKWON-DO ASSOCIATION NATIONAL SEMINAR AND BLACK BELT GRADING

15th – 17th MARCH 2024 WALLINGFORD, OXFORDSHIRE



1 INVITATION

Dear Grand Masters, Masters, Instructors and Students,

To celebrate our 57th year the United Kingdom Taekwon-Do Association (UKTA) proudly invites you to attend the National Seminar & Black Belt Grading for Degree promotion (Overseas visitors strictly subject to NGB/ITF approval), in the Oxfordshire town of Wallingford, England.

The National Technical Seminar will take place from 15th – 17th March 2024, conducted by the UKTA President GM John Williamson, ITF Wales President GM John Taylor, and EITF Chair of Tournament & Umpire Committee GM Gary Miller

The ITF Headquarters officially endorses this seminar and grading.

Date: Friday 15th – Sunday 17th March 2024

Venue: Wallingford School Leisure Centre
St. Georges Rd, Wallingford, Oxfordshire, OX10 8HH

On behalf of UKTA I hope that you will join us in scenic Oxfordshire for this event. There is also the opportunity to visit the historic University City of Oxford (Only 12 miles from the venue).

Yours in Taekwon-Do,

Rebecca Ward I Dan
Instructor – Wallingford TKD

2 ORGANISATION

2.1 MAIN CONTACT:

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

Please apply Online via www.ukta.com/bb-grading-march-24

Email: officemanager@ukta.com

2.2 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

2.3 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

2.4 LOCAL HOSTS:

Rebecca Ward I Dan - Wallingford Taekwon-do Instructor

Mobile: +447581790423

Email: becky.ward7@ntlworld.com

3 WHEN & WHERE

3.1 DATE: 15th – 17th March 2024

Friday 15 th	5.30pm to 6.00pm 6.00pm to 9.00pm	Registration Seminar Session 1
Saturday 16 th	9.30am to 9.45am 10.00am to 1.00pm 1.00pm to 2.00pm 2.00pm to 5.00pm 5.30pm	Registration Seminar Session 2 Lunch and Photographs Seminar Session 3 Kup Grading and Pre-Grading
Sunday 17 th	8.45am to 9.00am 9.00am to 1.30pm	Registration Black Belt Grading

3.2 VENUE:

Wallingford School Leisure Centre

(Sign posted Castle Leisure Centre)

St. Georges Rd
Wallingford
Oxfordshire
OX10 8HH



3.3 TRAVELLING TO WALLINGFORD SCHOOL

PLANE

LONDON HEATHROW AIRPORT – 50 miles drive

CAR

Travelling from South East
Exit M4 at J13 or J12, follow satnav & signs

Travelling from South West
Exit M4 J8/9 A404M
Or J12 or J13
follow satnav & signs

4 COSTS & REGISTRATION

4.1 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 st Dan	11 years	£230	£255
2 nd Dan	14.5 years	£250	£275
3 rd Dan	16.5 years	£305	£330
4 th Dan	19.5 years	£370	£395
5 th Dan	23.5 years	£415	£440
6 th Dan	28.5 years	£450	£475
7 th Dan	34.5 years	£660	£685

4.2 REGISTRATION

All participants must register by completing the online form that can be found on www.ukta.com/bb-grading-march-24

Grading applicants of IV Dan and above must have sought ITF Permission prior to applying to grade. Form can be found here and downloaded. Please complete and return to Head Office 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 29th February 2024 and 7th March for seminar applications only.

5 LOCATION INFORMATION

5.1 ACCOMMODATION

UKTA suggests the following Hotels near the Sports Hall. All hotels are about 11.5 miles / 18 km (20 mins) from Oxford City Centre, where you can visit bars, restaurants, museums, etc.

Courtyard by Marriot Oxford South

Address:

6 Milton Gate, Milton, Oxfordshire, OX14 4FP

Tel: +44 (0)1865 671 480



Milton Hill House

Address:

Steventon, Oxfordshire, OX13 6AF

Tel: +44 (0)1235 831 474

Premier Inn Oxford South

Address:

*Milton Interchange, A4130, Milton,
Oxfordshire, OX14 4TX*

Tel: +44 (0)871 527 8868



Other Options

Hilton Garden Inn Abingdon

Address:

*Marcham Road
Abingdon OX14 1TE*

Tel: +44 1235 425570

Premier Inn Abingdon

Address:

*Marcham Road
Abingdon OX14 1TZ*

Tel: +44 1235 420076

5.2 WHAT TO SEE IN OXFORD

Blenheim Palace - Visit the birthplace of Sir Winston Churchill. A World Heritage site with over 300 years of History and home to the 12th Duke of Marlborough and his Family.



University of Oxford - The University of Oxford is a collegiate research university. There is evidence of teaching as early as 1096, making it the oldest university in the English-speaking World and the world's 2nd oldest university in continuous operation after the University of Bologna.

Radcliffe Camera - The Radcliffe Camera is a building of Oxford University, England, designed by James Gibbs in neo-classical style and built in 1737–49 to house the Radcliffe Science Library.

Oxford Botanical Garden - The Oxford Botanic Garden is the oldest in the UK and with nearly 6,000 different types of plant, the Garden is a year-round oasis of biodiversity, right in the heart of the city.

Bodleian Library - The Bodleian Libraries form the largest UK university library system, with more than 13 million printed items.



Wolvercote Cemetery - Burial place of J.R.R Tolkien (Author of Lord of the Rings) and Sir Roger Bannister (The first man to run a sub 4-minute mile).

6 BLACKBELT GRADING, MINIMUM CRITERIA

6.1 GENERAL

6.1.1 Patterns:

Perform all patterns to the requirement of your current grade.

6.1.2 Sparring:

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

6.1.3 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.

6.2 PROMOTION FROM 1ST KUP TO 1ST DEGREE

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

6.2.2 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).

6.2.3 Must be a minimum of 11 years of age.

6.3 PROMOTION FROM 1ST DEGREE TO 2ND DEGREE

6.3.1 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

6.3.2 Reverse turning kick on breaker board/s.

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

6.3.4 Must be a minimum of 14.5 years of age.

6.3.5 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

6.4 PROMOTION FROM 2ND DEGREE TO 3RD DEGREE

6.4.1 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.

6.4.2 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 jumper's waist height.

6.4.3 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.

6.4.4 Must be a minimum of 16.5 years of age.

6.4.5 Must have minimum 2-year training since last promotion.

6.5 PROMOTION FROM 3RD DEGREE TO 4TH DEGREE

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

6.5.2 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.

6.5.3 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.

6.5.4 Must be a minimum of 19.5 years of age.

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

6.5.6 Ideally running their own school.

6.5.7 Must actively be promoting the UKTA.

6.6 PROMOTION FROM 4TH DEGREE TO 5TH DEGREE

6.6.1 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.

6.6.2 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 jumper's chest height minimum.

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

This should be a minimum of the jumper's solar plexus height.

Over 50 years – 3 sections of a standard gym horse or soft equivalent.

This should be a minimum of the jumper's waist height.

6.6.3 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.

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.

6.6.4 Must be a minimum of 23.5 years of age.

6.6.5 Must have a minimum of 4 years training since last promotion.

6.7 PROMOTION FROM 5TH DEGREE TO 6TH DEGREE

6.7.1 So-San Tul and Se-Jong Tul plus a demonstration of four items of your choice including:

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 of 5 years training since last promotion.

6.8 PROMOTION FROM 6TH DEGREE TO 7TH DEGREE

6.8.1 Tong-Il Tul plus a demonstration that must include:

1. Power breaking hand.
2. Power breaking foot.
3. Multi target flying technique (minimum three targets with feet).
4. Must be a minimum of 34.5 years of age.
5. Must have a minimum of 6 years training since last promotion.

6.9 REDUCTIONS IN TRAINING TIMES

6.9.1 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.



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