



UNITED KINGDOM TAEKWON-DO ASSOCIATION

# **NATIONAL SEMINAR**

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# **AND BLACK BELT GRADING**

14<sup>th</sup> – 16<sup>th</sup> MARCH 2025 - LIVERPOOL



# 1 INVITATION

Dear Grand Masters, Masters, Instructors and Students,

To celebrate our 58th 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 City of Liverpool, England.

The National Technical Seminar will take place from 14th – 16th March 2025, 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 14th – Sunday 16th March 2025

Venue: Greenbank Sports Academy  
Greenbank Lane,  
Liverpool,  
L17 1AG

On behalf of UKTA I hope that you will join us in the historic City of Liverpool for this event.

Yours in Taekwon-Do,

Helen Bennett VI Dan  
(Instructor – Wirral UKTA Taekwon-Do School)

## **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-25](http://www.ukta.com/bb-grading-march-25)

Email: [officemanager@ukta.com](mailto: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](mailto: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 HOST:**

**Helen Bennett VI Dan**

**Mobile:** +447763183870

Email: [instructor@wirraltaekwondo.com](mailto:instructor@wirraltaekwondo.com)

### **3 WHEN & WHERE**

#### **3.1 DATE: 14<sup>th</sup> – 16<sup>th</sup> March 2025**

<b>Friday 14<sup>th</sup></b>	<b>5.00pm to 5.30pm</b> <b>5.30pm to 8.30pm</b>	<b>Registration</b> <b>Seminar Session 1</b>
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<b>Saturday 15<sup>th</sup></b>	<b>9.30am</b> <b>10.00am to 1.00pm</b> <b>1.00pm to 2.00pm</b> <b>2.00pm to 5.00pm</b>	<b>Registration</b> <b>Seminar Session 2</b> <b>Lunch Break</b> <b>Seminar Session 3</b>
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*(The 2<sup>nd</sup> Kup Grading and Pre-grading will run alongside one of the Seminar Sessions)*

<b>Sunday 16<sup>th</sup></b>	<b>9.00am</b> <b>9.30am to 3.00pm</b>	<b>Registration</b> <b>Black Belt Grading</b>
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#### **3.2 VENUE:**

**Greenbank Sports Academy**  
**(Look out for the Wheelbarrow Café sign)**

**Greenbank Lane**  
**Liverpool**  
**L17 1AG**

#### **3.3 TRAVELLING TO LIVERPOOL**

##### **BY AIR**

**LIVERPOOL JOHN LENNON AIRPORT – 20 minutes drive**

**MANCHESTER INTERNATIONAL AIRPORT – 40 minutes drive**

##### **BY RAIL**

**Trains into Liverpool Lime Street Station for the city centre**

**Local line to Mossley Hill Station, 1 mile from the venue**

##### **BY CAR**

**Taxi from city centre hotels 12 – 14 minutes**

**From the North or South join the M62 towards Liverpool, continue onto A5080**

**Turn left to merge onto Queens Drive, follow A5058 to N Mossley Hill Rd, continue onto Greenbank Rd, then left to Greenbank Lane**

## 4 COSTS & REGISTRATION

### 4.1 COSTS

- 1) Seminar Only - £100
- 2) Seminar and Colour Belt Grading or Pre-Grading - £125
- 3) Seminar and Black Belt Grading

Grade Applied For	Minimum Age	Cost
1 <sup>st</sup> Dan	11 years	£230
2 <sup>nd</sup> Dan	14.5 years	£250
3 <sup>rd</sup> Dan	16.5 years	£305
4 <sup>th</sup> Dan	19.5 years	£365
5 <sup>th</sup> Dan	23.5 years	£415
6 <sup>th</sup> Dan	28.5 years	£450
7 <sup>th</sup> Dan	34.5 years	£660

### 4.2 REGISTRATION

All participants must register by completing the online form that can be found on [www.ukta.com/bb-grading-march-25](http://www.ukta.com/bb-grading-march-25)

*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 26<sup>th</sup> February and 7<sup>th</sup> March for seminar applications only.

## 5 LOCATION INFORMATION

### 5.1 ACCOMMODATION

The UKTA suggests the following Hotels in the city centre. The city centre is about 3 miles / 4.8 km, from the venue.

#### Leonardo Hotel Liverpool

**Address:**

**31 Keel Wharf,  
Liverpool L3 4FN**

*Waterfront location near the Liverpool Wheel and M&S Bank Arena (formerly Echo Arena) where the 2017 Euros took place.*

#### Premier Inn Liverpool City

**Address:**

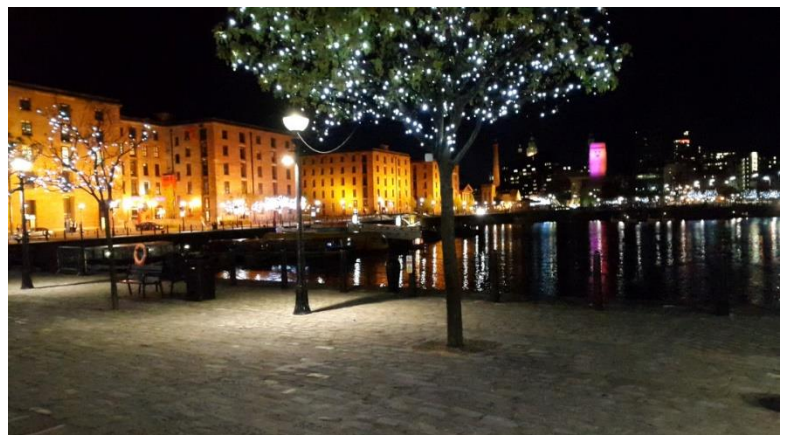
**East Britannia Building,  
Albert Dock  
Liverpool, L3 4AD**

*There are many other hotels to choose from in the city centre, to suit a range of budgets.*

### 5.2 WHAT TO SEE IN LIVERPOOL

#### [The Royal Albert Dock](#)

The Royal Albert Dock is one of Liverpool's most iconic landmarks and a UNESCO World Heritage Site. Steeped in maritime history, the dock is home to stunning architecture and a vibrant mix of attractions, including the Tate Liverpool, Merseyside Maritime Museum, and The Beatles Story. With its picturesque waterfront, bustling shops, and a variety of restaurants and bars, it's a perfect destination for culture, dining, and relaxation. A visit to the Royal Albert Dock offers a unique glimpse into Liverpool's rich heritage and lively modern vibe.



### [Walker Art Gallery](#)

The Walker Art Gallery, often called the "National Gallery of the North," is a cultural treasure in Liverpool, showcasing an outstanding collection of art spanning over 600 years. From Renaissance masterpieces to contemporary works, the gallery features artists such as Rembrandt, Turner, Rossetti, and Hockney. It also houses an impressive collection of decorative art and sculptures. With free admission and a variety of exhibitions and events, the Walker Art Gallery is a must-visit destination for art enthusiasts and history lovers alike.

### [Western Approaches Museum](#)

Step back in time at the Western Approaches Museum, a fascinating underground wartime bunker in the heart of Liverpool. Once a top-secret command center during World War II, it played a crucial role in the Battle of the Atlantic. Explore the preserved operations rooms, map room, and artifacts that tell the story of the brave men and women who worked here. Perfect for history buffs and families, this museum offers a unique insight into Liverpool's pivotal role in the war effort.

### [Anfield Stadium Tours](#)

Home to Liverpool Football Club, Anfield Stadium is a must-visit destination for football fans. The Anfield Stadium Tour offers an unforgettable behind-the-scenes experience, allowing visitors to explore the iconic pitch, the team dressing rooms, and the famous Kop stand. Learn about the club's rich history through interactive exhibits at the LFC Museum and hear stories of legendary players and unforgettable matches. With passionate guides and state-of-the-art facilities, the tour is a perfect way to celebrate the spirit of Liverpool FC.

### [Sefton Park and Palm House](#)

Situated next to the grading venue, Sefton Park is a stunning Grade I listed public park in Liverpool, spanning 235 acres of lush greenery. It features serene pathways, ornamental gardens, and a picturesque boating lake. Highlights include the iconic Peter Pan statue, Fairy Glen, and the tranquil Eros fountain. A perfect spot for picnics, leisurely strolls, or enjoying nature, Sefton Park is a beloved retreat for locals and visitors alike.



## 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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