

1st KUP – 1st DAN

SECTION	REQUIREMENT	COMMENTS
TRAINING PERIOD	<p>Minimum six months from 1st Kup.</p> <p>To be recommended by 4th Dan Instructor or above.</p> <p>Minimum age of 10.</p>	<p>Class attendance during this period must be at a minimum 1.5 classes/week.</p> <p>Registered Assistant Instructors will have a reduced minimum class attendance of one class of personal training/week provided that they also maintain a minimum of 80% coverage of assisting with instructing in a at least one class per week.</p>
STANDARD	<p>Candidates must have good technical ability in all areas of Taekwondo. Technical errors in performance should be rare.</p> <p>Participated in at least one tournament as either a competitor or official in the preceding year.</p>	<p>Techniques are expected to be delivered accurately, effectively and with control. Receiving partners are expected to work with the attacker in one-step and self defence and show proficiency in break falls during takedowns.</p>
TECHINICAL SEMINAR	<p>Candidates must maintain 50% attendance at senior belt training in the 12 months preceding the grading.</p>	
BASICS	<p>Selection of combinations from the Bluewave Kup Syllabus chosen by the examiners.</p>	<p>Techniques should be executed correctly with acceleration and speed, accurate targeting and with use of reaction force.</p> <p>Candidates will be expected to explain one coaching point for each combination to demonstrate an understand of how to improve some aspect of the techniques in the combination.</p>

POOMSAE	<p>Compulsory: Taegeuk Pal Jang</p> <p>Candidate's Choice: One from Taegeuk Sa Jang to Taegeuk Chil Jang</p> <p>Examiners' Choice: Three or more from Taegeuk El Jang to Taegeuk Chil Jang</p>	<p>Candidates will be expected to complete all poomsae accurately without undue hesitation and showing correct technique and cadence.</p> <p>Candidates will be permitted to repeat one poomsae should they make errors. This will not be permitted for the poomsae of their choice.</p> <p>Allowance will be given for minor errors in one poomsae only.</p>
ONE STEP SPARRING	10 attacks from right and left. Defender can choose target.	<p>Attacks should be with meaning and defender must demonstrate an effective move, block and counter and should be executed continuously without hesitation.</p> <p>Sequence should demonstrate a range of targets (low, middle and high section) and include a minimum of two takedowns.</p>
SELF DEFENCE	<p>Demonstrate releases from;</p> <p>Single wrist grab, crossed wrist grab, double wrist grab, single lapel grab, double lapel grab, straight punch, hook punch, bear hug from front and rear, side headlock and strangle.</p>	<p>Defender must stop attack and either counter or place the attacker in restraint.</p> <p>Attack should be with meaning but with both attacker and defender showing control.</p>
SPARRING – 1 for 1	Performed on the spot, exhibiting varied techniques and speed.	All techniques should be applied with control to appropriate targets.
FREE SPARRING	<p>Multiple rounds. Number and duration of examiners' choice.</p> <p>2 onto 1 sparring.</p> <p>Full protective equipment to be worn.</p>	Candidates must demonstrate the ability to attack and defend using different techniques and a range of the legal targets with controlled contact and speed.

<p>POWER TEST / BREAKING</p>	<p>Two breaks of the examiners' choice. One kick and one hand strike.</p> <p>Boards used will be by default 2 cm of white pine. This may be adjusted based on candidates age and physical capability.</p> <p>Junior (under 16): permitted techniques will be side kick, axe kick and elbow strike.</p>	<p>Candidates will be expected to demonstrate an understanding of the etiquette of breaking, show control and accurate targeting.</p> <p>Candidates will be permitted to measure up once.</p>
<p>INTERVIEW / WRITTEN TEST</p>	<p>Two page essay on "What it means to be a black belt". Essay is to be submitted to examiners two week before the grading.</p> <p>Interview by examiners.</p>	<p>Examiners will question candidates on their understanding of the philosophy and principles of taekwondo, this may cover for example, tenets, belts, patterns and the meaning of taekwondo.</p> <p>Questions may also explore aspects of the candidate's essay.</p>

1st DAN – 2nd DAN

SECTION	REQUIREMENT	COMMENTS
TRAINING PERIOD	<p>Minimum 1 year from 1st Dan.</p> <p>To be recommended by 4th Dan Instructor or above.</p> <p>Minimum age of 12.</p>	<p>Class attendance during this period must be at a minimum 1.5 classes/week.</p> <p>Registered Assistant Instructors will have a reduced minimum class attendance of one class of personal training/week provided that they also maintain a minimum of 80% coverage of assisting with instructing in a at least one class per week.</p>
STANDARD	<p>Candidates must have good technical ability in all areas of Taekwondo. Technical errors in performance should be rare.</p> <p>Adult candidates will be expected to have completed either a Class 3 Sparring Officials Course or a Class C Poomsae Officials Course.</p> <p>Participated in at least one tournament as either a competitor or official in the preceding year.</p>	<p>Techniques are expected to be delivered accurately, effectively and with control. Receiving partners are expected to work with the attacker in one-step and self defence and show proficiency in break falls during takedowns.</p>
TECHINICAL SEMINAR	<p>Candidates must maintain 50% attendance at senior belt training in the 12 months preceding the grading.</p>	
BASICS	<p>Selection of combinations from the Bluewave Kup Syllabus chosen by the examiners.</p>	<p>Techniques should be executed correctly with acceleration and speed, accurate targeting and with use of reaction force.</p> <p>Candidates will be expected to explain one coaching point for each combination to demonstrate an understand of how to improve some aspect of the techniques in the combination.</p>

POOMSAE	<p>Compulsory: Koryo</p> <p>Candidate's Choice: One from Taegeuk Sa Jang to Taegeuk Pal Jang</p> <p>Examiners' Choice: Three or more from Taegeuk El Jang to Taegeuk Pal Jang</p>	<p>Candidates will be expected to complete all poomsae accurately without undue hesitation and showing correct technique and cadence.</p> <p>Candidates will be permitted to repeat one poomsae should they make errors. This will not be permitted for the poomsae of their choice.</p> <p>Allowance will be given for minor errors in one poomsae only.</p>
ONE STEP SPARRING	<p>10 attacks from right and left. Defender can choose target.</p>	<p>Attacks should be with meaning and defender must demonstrate an effective move, block and counter and should be executed continuously without hesitation.</p> <p>Sequence should demonstrate a range of targets (low, middle and high section) and include a minimum of two takedowns.</p>
SELF DEFENCE	<p>Demonstrate releases from;</p> <p>Single wrist grab, crossed wrist grab, double wrist grab, single lapel grab, double lapel grab, straight punch, hook punch, bear hug from front and rear, side headlock and strangle.</p> <p>Demonstrate three defences from side kick and roundhouse kick.</p>	<p>Defender must stop attack and either counter or place the attacker in restraint.</p> <p>Candidates of 14+ will be expected to show an understanding of basic locks.</p> <p>Attack should be with meaning but with both attacker and defender showing control.</p>
SPARRING – 1 for 1	<p>Performed on the spot, exhibiting varied techniques and speed.</p>	<p>All techniques should be applied with control to appropriate targets.</p>
FREE SPARRING	<p>Multiple rounds. Number and duration of examiners' choice.</p> <p>2 onto 1 sparring.</p> <p>Full protective equipment to be worn.</p>	<p>Candidates must demonstrate the ability to attack and defend using different techniques and a range of the legal targets with controlled contact and speed.</p>

POWER TEST / BREAKING	<p>Two breaks of the examiners' choice. One kick and one hand strike.</p> <p>Boards used will be by default 2 cm of white pine. This may be adjusted based on candidates age and physical capability.</p> <p>Junior (under 16): permitted techniques will be side kick, axe kick and elbow strike.</p>	<p>Candidates will be expected to demonstrate an understanding of the etiquette of breaking, show control and accurate targeting.</p> <p>Candidates will be permitted to measure up once.</p>
INTERVIEW / WRITTEN TEST	<p>Two page essay on "How I have developed as a black belt". Essay is to be submitted to examiners two week before the grading.</p> <p>Interview by examiners.</p>	<p>Examiners will question candidates on their understanding of the philosophy and principles of taekwondo, this may cover for example, tenets, belts, patterns and the meaning of taekwondo.</p> <p>Questions may also explore aspects of the candidate's essay.</p>

2nd DAN – 3rd DAN		
SECTION	REQUIREMENT	COMMENTS
TRAINING PERIOD	<p>Minimum 2 years from 2nd Dan.</p> <p>To be recommended by 4th Dan Instructor or above.</p> <p>Minimum age of 15.</p>	<p>Class attendance for personal training during this period must be at 1.0 classes/week or higher.</p> <p>Candidates will also be expected to show their commitment to the development of Bluewave by maintaining a minimum of 80% coverage of either instructing or assisting with instructing in at least one class per week.</p>
STANDARD	<p>Candidates must have good technical ability in all areas of Taekwondo. Techniques should be demonstrated with sharp, powerful motions. Flair, speed and imagination are essential.</p> <p>Candidates must demonstrate their commitment to Bluewave by regular assistance at classes.</p> <p>Adults will be expected to have complete a Safeguarding Course, First Aid Course and the British Taekwondo Level 2 Coaching Course.</p> <p>Juniors will be expected to be able to demonstrate the ability to teach all aspects of the junior Bluewave syllabus up to 1st Dan level.</p>	<p>Techniques are expected to be delivered accurately, effectively and with control. Receiving partners are expected to work with the attacker in one-step and self defence and show proficiency in break falls during takedowns.</p> <p>This is the final grade before Master Rank and therefore candidates are expected to demonstrate their full commitment to Bluewave through their own personal development including their own regular training, consistent support for senior grade training and participation at kup gradings.</p>
TECHINICAL SEMINAR	<p>Candidates must maintain 66% attendance at senior belt training in the 12 months preceding the grading.</p>	

BASICS	Selection of combinations from the Bluewave Kup Syllabus chosen by the examiners.	<p>Techniques should be executed correctly with acceleration and speed, accurate targeting and with use of reaction force.</p> <p>Candidates will be expected to explain the key coaching points for each combination to demonstrate an understand of how to improve the techniques in the combination.</p>
POOMSAE	<p>Compulsory: Keumgang</p> <p>Candidate's Choice: One from Taegeuk Sa Jang to Taegeuk Koryo</p> <p>Examiners' Choice: Four or more from Taegeuk El Jang to Taegeuk Koryo</p>	<p>Candidates will be expected to complete all poomsae accurately without undue hesitation and showing correct technique and cadence.</p> <p>Candidates will not be permitted to repeat any poomase.</p> <p>Allowance will be given for minor errors in one poomsae only.</p> <p>Candidates to demonstrate knowledge of the rules and regulations associated to World Taekwondo Poomsae Competition.</p> <p>Candidates to discuss key coaching points for Keumgang.</p>
ONE STEP SPARRING	10 attacks from right and left. Defender can choose target.	<p>Attacks should be with meaning and defender must demonstrate an effective move, block and counter and should be executed continuously without hesitation.</p> <p>Sequence should demonstrate a range of targets (low, middle and high section) and include a minimum of two takedowns and show increased complexity and effectiveness. For candidates of 14+ this should also include locks and restraints.</p>

<p style="text-align: center;">SELF DEFENCE</p>	<p>Demonstrate releases from; Single wrist grab, crossed wrist grab, double wrist grab, single lapel grab, double lapel grab, straight punch, hook punch, bear hug from front and rear, side headlock and strangle.</p> <p>Demonstrate three defences from side kick and roundhouse kick.</p> <p>Demonstrate releases from straight and cross wrist grabs from seated position.</p> <p>Self defence to be performed from dynamic attacks.</p>	<p>Defender must stop attack and either counter or place the attacker in restraint.</p> <p>Candidates of 14+ will be expected to show an understanding of basic locks.</p> <p>Defender must show an understanding of how to avoid common initial attacks.</p> <p>Attack should be with meaning but with both attacker and defender showing control.</p>
<p style="text-align: center;">SPARRING – 1 for 1</p>	<p>Performed on the spot, exhibiting varied techniques and speed.</p> <p>All techniques should be applied with control to appropriate targets.</p>	<p>All techniques should be applied with control to appropriate targets.</p>
<p style="text-align: center;">FREE SPARRING</p>	<p>Multiple rounds. Number and duration of examiners' choice.</p> <p>2 onto 1 sparring.</p> <p>Full protective equipment to be worn.</p>	<p>Candidates must demonstrate the ability to attack and defend using different techniques and a range of the legal targets with controlled contact and speed.</p> <p>Candidates to demonstrate knowledge of the rules and regulations associated to World Taekwondo Sparring Competition.</p>
<p style="text-align: center;">POWER TEST / BREAKING</p>	<p>Two directional break of the examiners' choice. One kick and one hand strike.</p> <p>Boards used will be by default 2 cm of white pine. This may be adjusted based on candidates age and physical capability.</p> <p>Junior (under 16): permitted techniques will be side kick, axe kick and elbow strike.</p>	<p>Candidates will be expected to demonstrate an understanding of the etiquette of breaking, show control and accurate targeting.</p> <p>Candidates will be permitted to measure up once.</p>

INTERVIEW / WRITTEN TEST	Prepare a four page essay on a topic of choice agreed with the examiners. Essay is to be submitted to examiners two week before the grading. Interview by examiners.	Examiners will question candidates on their understanding of the philosophy and principles of taekwondo, this may cover for example, tenets, belts, patterns and the meaning of taekwondo. Questions may also explore aspects of the candidate's essay.
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3rd DAN – 4th DAN		
SECTION	REQUIREMENT	COMMENTS
TRAINING PERIOD	<p>Minimum 3 years from 3rd Dan.</p> <p>To be recommended by 5th Dan Instructor or above.</p> <p>Minimum age of 21.</p>	<p>Class attendance for personal training during this period must be at 1.0 classes/week or higher.</p> <p>Candidates will also be expected to show their commitment to the development of Bluewave by maintaining a minimum of 80% coverage of either instructing or assisting with instructing in at least one class per week.</p>
STANDARD	<p>Candidates must have good technical ability in all areas of Taekwondo. Techniques should be demonstrated with sharp, powerful motions. Flair, speed and imagination are essential.</p> <p>Candidates must demonstrate their commitment to Bluewave by regular assistance at classes.</p> <p>Except under exceptional situation candidates will be expected to be running their own class(es).</p> <p>This is Master Rank and therefore candidates are expected to demonstrate their full commitment to Bluewave through their own personal development including their own regular training, consistent support for senior grade training and participation at kup gradings.</p>	<p>Techniques are expected to be delivered accurately, effectively and with control. Receiving partners are expected to work with the attacker in one-step and self defence and show proficiency in break falls during takedowns.</p> <p>This is Master Rank and therefore candidates are expected to demonstrate their full commitment to Bluewave through their own personal development including their own regular training, consistent support for senior grade training and participation at kup gradings. It is also expected that candidates will be providing support in the specialist classes such as those for poomsae and sport competition preparation.</p>
TECHINICAL SEMINAR	<p>Candidates must maintain 66% attendance at senior belt training in the 12 months preceding the grading.</p>	

BASICS	<p>Selection of combinations from the Bluewave Kup Syllabus chosen by the examiners.</p> <p>Candidates to discuss key coaching points for combinations.</p>	<p>Techniques should be executed correctly with acceleration and speed, accurate targeting and with use of reaction force.</p> <p>Candidates will be expected to explain the key coaching points for each combination to demonstrate an understand of how to improve the techniques in the combination.</p>
POOMSAE	<p>Compulsory: Taebaek</p> <p>Candidate's Choice: One from Taegeuk Luk Jang to Keumgang</p> <p>Examiners' Choice: Four or more from Taegeuk El Jang to Keumgang</p>	<p>Candidates will be expected to complete all poomsae accurately without undue hesitation and showing correct technique and cadence.</p> <p>Candidates will not be permitted to repeat any poomase.</p> <p>All poomsae to completed without significant errors.</p> <p>Candidates to demonstrate knowledge of the rules and regulations associated to World Taekwondo Poomsae Competition.</p> <p>Candidates to discuss key coaching points for a poomsae of the examiners' choice.</p>
ONE STEP SPARRING	<p>10 attacks from right and left. Defender can choose target.</p>	<p>Attacks should be with meaning and defender must demonstrate an effective move, block and counter and should be executed continuously without hesitation.</p> <p>The majority of defences should include takedowns, locks and/or restraints.</p>

<p style="text-align: center;">SELF DEFENCE</p>	<p>Demonstrate releases from;</p> <p>Single wrist grab, crossed wrist grab, double wrist grab, single lapel grab, double lapel grab, straight punch, hook punch, bear hug from front and rear, side headlock and strangle.</p> <p>Demonstrate three defences from side kick and roundhouse kick.</p> <p>Demonstrate releases from straight and cross wrist grabs from seated position.</p> <p>Self defence to be performed from dynamic attacks.</p> <p>Knife defence – in front, behind, forward stab, downward stab and slash</p>	<p>Defender must stop attack and either counter or place the attacker in restraint.</p> <p>Defences must show an understanding of locks and restraints. Defender must show an understanding of how to avoid common initial attacks.</p> <p>Attack should be with meaning but with both attacker and defender showing control.</p>
<p style="text-align: center;">SPARRING – 1 for 1</p>	<p>Performed on the spot, exhibiting varied techniques and speed.</p>	<p>All techniques should be applied with control to appropriate targets.</p>
<p style="text-align: center;">FREE SPARRING</p>	<p>Multiple rounds. Number and duration of examiners' choice.</p> <p>2 onto 1 sparring.</p> <p>Full protective equipment to be worn.</p>	<p>Candidates must demonstrate the ability to attack and defend using different techniques and a range of the legal targets with controlled contact and speed.</p> <p>Candidates to demonstrate knowledge of the rules and regulations associated to World Taekwondo Sparring Competition.</p>
<p style="text-align: center;">POWER TEST / BREAKING</p>	<p>Three directional break of the candidate's choice. Two kicks and one hand strike.</p> <p>Boards used will be by default 2 cm of white pine. This may be adjusted based on candidates age and physical capability.</p>	<p>Candidates will be expected to demonstrate an understanding of the etiquette of breaking, show control and accurate targeting.</p> <p>Candidates will not be permitted to measure up.</p>

INTERVIEW / WRITTEN TEST	Prepare a ten page thesis on a topic of choice agreed with the club's grading examiners. Essay is to be submitted to examiners two week before the grading. Interview by examiners.	Examiners will question candidates on their understanding of the philosophy and principles of taekwondo, this may cover for example, tenets, belts, patterns and the meaning of taekwondo. Questions may also explore aspects of the candidate's essay.
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