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# PROMOTION TEST RULES

(As of May 7, 2020)

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## Para Taekwondo Promotion Test Rules

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Enacted: May 7, 2020

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## Acknowledgement

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World Taekwondo would like to thank Grand Master Chakir Chelbat and Grand Master Usman Dildar for their diligent work in establishing the World Para Taekwondo Promotion Test Rules.

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## Preamble

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World Taekwondo is the world's governing body for the Olympic and Paralympic sport of Taekwondo. Para Taekwondo is referred to in this document as World Para Taekwondo.

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## Article 1

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### Objective

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The World Para Taekwondo Promotion Test Rules is to provide the Taekwondo world with a set of fair, safe and standardized rules for promotion testing for Taekwondo practitioners with an impairment.

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## Article 2

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### Administration

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Overall administration of World Para Taekwondo Promotion Tests shall be managed by the World Para Taekwondo in cooperation with the Global Membership System (GMS).

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## Article 3

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### Certification

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World Para Taekwondo will grant Para Taekwondo Geup and Poom/Dan certification through the Global Membership System (GMS) to all who have successfully completed the Promotion test conducted by World Para Taekwondo Certified Promotion Test Examiners in accordance with these Rules.

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## Article 4

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### Promotion Test

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1. Registration for all Para Taekwondo Promotion Tests shall be done through the Global Membership System (GMS).
2. Para Taekwondo Promotion Tests will be scheduled in the GMS by certified Para Taekwondo Geup/Dan Promotion Test Examiners for dojang and national level Promotion Tests.
3. Higher Dan Para Taekwondo Promotion tests (4<sup>th</sup> Dan and above) shall be arranged directly by World Para Taekwondo.
4. Qualification of applicant for Para Taekwondo Geup Promotion Test
  - 4.1 Holder of active WT Licence for the pertinent year
  - 4.2 Holder of the World Para Taekwondo Geup level below the level the applicant is testing for
  - 4.3 Applicant must be at least 5 years old in the year of the promotion test
  - 4.4 Applicant must complete a minimum of 40 hours of training within three months to be eligible to apply for a Geup Promotion Test (see article 7)
  - 4.5 Registration for the Para Taekwondo Promotion Test is made through the GMS
  - 4.6 Submission of medical report
  - 4.7 Payment of prescribed fees as stated in the outline for the promotion test
5. Qualification of applicant for Para Taekwondo Poom/Dan Promotion Test
  - 5.1 Holder of active WT Licence for the pertinent year
  - 5.2 Holder of the World Para Taekwondo 1 Geup/Poom/Dan level below the level the applicant is testing for
  - 5.3 Applicant for Dan promotion test needs to be 15 years or older in the year of the test
  - 5.4 Applicant for Poom promotion test needs to be up to 14 years in the year of the test
  - 5.5 Article 7 of Poom/Dan progression is fulfilled
  - 5.6 Registration for the Para Taekwondo Promotion Test through the GMS
  - 5.7 Submission of medical report
  - 5.8 Payment of prescribed fees (see article 11)
6. General information
  - 6.1 Promotion Test Examiner – only World Para Taekwondo Certified Promotion Test Examiners can conduct a Promotion Test
  - 6.2 Promotion Test shall have a panel of 2-5 World Para Taekwondo Certified Promotion Test Examiners for the promotion test to be valid
    - 6.2.1 In the case a dojang or MNA lacks certified Promotion Test Examiners these can be appointed by World Para Taekwondo
  - 6.3 All applicants must wear a clean WT approved Taekwondo uniform during Promotion Tests



- 6.4 Female applicants may wear a white T-shirt under their Taekwondo Uniform
- 6.5 Jewelry and piercing or any other accessories shall not be worn during the Promotion test unless it is related to the applicant's impairment (braces, hearing aid etc.)
- 6.6 All applicant must present a form of identification to the Para Taekwondo Promotion Test Examiner, passport or national identification card.
- 6.7 If the applicant is not a national of the country where he/she is applying for a Para Taekwondo Promotion Test, the applicant is required to provide proof of residency in the pertinent country for the test.
  - 6.7.1 For Para Taekwondo Geup Promotion Test the applicant needs to have been a resident for at least 3 months.
  - 6.7.2 For Para Taekwondo Poom/Dan Promotion Test the applicant needs to have been a resident for at least 6 months.
- 6.8 It is the applicants responsibility to declare any conditions that might be a safety risk, for the applicant or others during Promotion Tests.

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## Article 5

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### Scoring

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Para Taekwondo is for persons with a diverse range of impairments. Para Taekwondo Geup/Dan/Poom promotion tests focuses on testing and assessing the applicant's ability, not the restrictions of the applicant's impairment.

1. All applicants will be tested, evaluated and scored for each practical and theoretical requirement, with consideration of the applicants ability, in the World Para Taekwondo Geup/Poom/Dan Promotion Test Syllabus.
2. Each stipulated requirement in the World Para Taekwondo Geup/Poom/Dan Promotion Test Syllabus shall be scored using the following scores:
  - 2.1 Fail **"F"**
  - 2.2 Borderline **"B"**
  - 2.3 Pass **"P"**
  - 2.4 Good **"G"**
  - 2.5 Excellent **"E"**

3. Scoring explanation

Score	Description
"F" FAIL	The applicant does not perform the correct technique required.
"B" BORDERLINE	The applicant performs the technique requested but not correctly.
"P" PASS	The applicant performs the techniques requested correctly.
"G" GOOD	The applicant performs the techniques requested with balance, speed, power and accuracy.
"E" EXCELLENT	The applicant performs the techniques requested with excellent balance, speed, power and accuracy.

4. Overall score

When counting the overall score the scores will be counted as follows:

- F = 1
- B = 2
- P = 3
- G = 4
- E = 5

The score for each test category is added up then divided by the number of tested categories. This gives a score between 1.00 and 4.00. The overall score shall be rounded up to two (2) decimals

Overall Score	Description
"F" FAIL	Very poor performance with many mistakes. Applicant <b>cannot</b> be promoted to the next grade
"B" BORDERLINE	Borderline fail. The applicant is capable of performing better. The applicant <b>shall be promoted</b> to the next grade with recommendation of continuous training. As for applicants with thesis requirements, any amendments have to be resubmitted within one week of official adjustment request notification.
"P" PASS	Average performance. The applicant shall be promoted to the next grade.
"G" GOOD	Above average performance. The applicant shall be promoted to the next grade.
"E" EXCELLENT	Excellent performance. The applicant shall receive a double promotion.

Table 1. World Para Taekwondo Geup/Poom/Dan test overall score

- 4.1 FAIL – the applicant has an overall score between 1.00-1.50. The applicant has FAILED the promotion test.
    - 4.1.1 Applicant who gets a FAIL "F" in poomsae at the promotion test automatically fails the whole test.
  - 4.2 BORDERLINE – the applicant has an overall score between 1.51-2.00. The applicant has passed the promotion test with the overall score BORDERLINE
    - 4.2.1 If the applicant is given "B" in 50 % or more of the test requirements the **next** time the applicant participates in a Promotion Test, then the applicant shall FAIL and cannot apply for a Promotion Test until the applicant has improved his/her level of Taekwondo.
  - 4.3 PASS – the applicant has an overall score between 2.01-3.00. The applicant shall pass the promotion test with the overall score PASS
  - 4.4 GOOD – the applicant has an overall score between 3.01-4.50. The applicant shall pass the promotion test with the overall score GOOD.
  - 4.5 EXCELLENT – the applicant has an overall score between 4.51-4.99. The applicant shall be awarded a double promotion with the overall test score EXCELLENT.
    - 4.5.1 Double promotion can only be granted twice for Geup grades and once for Poom/Dan grades up to 3<sup>rd</sup> Poom/Dan
    - 4.5.2 If the applicant receives "E" in all the test requirements and gets an overall score of 5.00 the athlete shall be awarded a triple promotion for Geup promotion with the overall score EXCELLENT.
    - 4.5.3 Triple promotion can only be granted once and only for Geup grades.
5. A special award can be given for the best performing applicant at each Para Taekwondo Promotion Test.

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## Article 6

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### Impairment Types

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1. The following impairment types can test for Para Taekwondo Geup/Poom/Dan promotion:
  - 1.1 Impaired muscle power – Persons with Impaired Muscle Power have a Health Condition that either reduces or eliminates their ability to voluntarily contract their muscles in order to move or to generate force. Examples of an Underlying Health Condition that may lead to Impaired Muscle Power include spinal cord injury (complete or incomplete, tetra-or paraplegia or paraparesis), muscular dystrophy, post-polio syndrome and spina bifida.
  - 1.2 Impaired passive range of motion (PROM) – Persons with Impaired Passive Range of Movement have a restriction or a lack of passive movement in one or more joints. Examples of an Underlying Health Condition that may lead to Impaired Passive Range of Movement include arthrogyposis and contracture resulting from chronic joint immobilization or trauma affecting a joint.
  - 1.3 Limb deficiency - Persons with Limb Deficiency have total or partial absence of bones or joints as a consequence of trauma (for example traumatic amputation), illness (for example amputation due to bone cancer) or congenital limb deficiency (for example dysmelia).
  - 1.4 Leg length difference – Persons with Leg Length Difference have a difference in the length of their legs as a result of a disturbance of limb growth, or as a result of trauma.
  - 1.5 Short stature – Persons with Short Stature have a reduced length in the bones of the upper limbs, lower limbs and/or trunk. Examples of an Underlying Health Condition that may lead to Short Stature include achondroplasia, growth hormone dysfunction, and osteogenesis imperfecta.
  - 1.6 Hypertonia (Neurological Impairment) – Persons with hypertonia have an increase in muscle tension and a reduced ability of a muscle to stretch caused by damage to the central nervous system. Examples of an Underlying Health Condition that may lead to Hypertonia include cerebral palsy, traumatic brain injury and stroke.
  - 1.7 Ataxia (Neurological Impairment)– Persons with Ataxia have uncoordinated movements caused by damage to the central nervous system. Examples of an Underlying Health Condition that may lead to Ataxia include: cerebral palsy, traumatic brain injury, stroke and multiple sclerosis.
  - 1.8 Athetosis (Neurological Impairment) – Persons with Athetosis have continual slow involuntary movements. Examples of an Underlying Health Condition that may lead to Athetosis include cerebral palsy, traumatic brain injury and stroke.

- 1.9 Vision Impairment – Persons with Vision Impairment have reduced, or no vision caused by damage to the eye structure, optical nerves or optical pathways, or visual cortex of the brain. Examples of an Underlying Health Condition that may lead to Vision Impairment include retinitis pigmentosa and diabetic retinopathy.
- 1.10 Intellectual Impairment – Persons with an intellectual Impairment have a restriction in intellectual functioning and adaptive behavior in which affects conceptual, social and practical adaptive skills required for everyday life. This Impairment must be present before the age of 18.
2. Persons with other health conditions such as, but not limited to, heart conditions, respiratory conditions etc. are eligible to apply for a Para Taekwondo Geup/Poom/Dan promotion test.

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## Article 7

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### Geup & Poom/Dan Progression

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#### 1. Para Taekwondo Geup grades

- 1.1 10<sup>th</sup> Geup (White Belt)
- 1.2 9<sup>th</sup> Geup (White Belt with yellow stripe)
- 1.3 8<sup>th</sup> Geup (Yellow Belt)
- 1.4 7<sup>th</sup> Geup (Yellow Belt with green stripe)
- 1.5 6<sup>th</sup> Geup (Green Belt)
- 1.6 5<sup>th</sup> Geup (Green Belt with blue stripe)
- 1.7 4<sup>th</sup> Geup (Blue Belt)
- 1.8 3<sup>rd</sup> Geup (Blue Belt with red stripe)
- 1.9 2<sup>nd</sup> Geup (Red)
- 1.10 1<sup>st</sup> Geup (Red Belt with black stripe)

#### 2. Para Taekwondo Poom/Dan grades

- 2.1 1<sup>st</sup> Poom/Dan
- 2.2 2<sup>nd</sup> Poom/Dan
- 2.3 3<sup>rd</sup> Poom/Dan
- 2.4 4<sup>th</sup> Poom/Dan
- 2.5 5<sup>th</sup> Dan
- 2.6 6<sup>th</sup> Dan
- 2.7 7<sup>th</sup> Dan
- 2.8 8<sup>th</sup> Dan
- 2.9 9<sup>th</sup> Dan

#### 3. Training time

- 3.1 Geup grades applicants must have trained a minimum of 40 hours (within three (3) months) since their last Promotion test prior to the Para Taekwondo Geup Promotion Test.

- 3.2 Poom/Dan grades

Current Grade	Testing for	Training Time
1 <sup>st</sup> Poom/Dan	2 <sup>nd</sup> Poom/Dan	One (1) year
2 <sup>nd</sup> Poom/Dan	3 <sup>rd</sup> Poom/Dan	Two (2) years
3 <sup>rd</sup> Poom/Dan	4 <sup>th</sup> Poom/Dan	Three (3) years
4 <sup>th</sup> Poom/Dan	5 <sup>th</sup> Dan	Four (4) years
5 <sup>th</sup> Dan	6 <sup>th</sup> Dan	Five (5) years
6 <sup>th</sup> Dan	7 <sup>th</sup> Dan	Six (6) years
7 <sup>th</sup> Dan	8 <sup>th</sup> Dan	Seven (7) years
8 <sup>th</sup> Dan	9 <sup>th</sup> Dan	Eight (8) years

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## Article 8

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### Geup Promotion Test Syllabus

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#### 1. Punches from sitting stance

From junbee, move left leg to the left into sitting stance. Starting with left hand:

- 1.1 8 single punches
- 1.2 4 double punches
- 1.3 1 single punch
- 1.4 4 double punches
- 1.5 3 triple punches

Kihap must be performed on the first count of each set! During 3 triple punches shouting Tae Kwon Do. All punches to be aimed at Mid-section (solar plexus).

#### 2. Stretching and conditioning kicks

From junbee, move left leg into forward stance (double forearm side blocks). Starting with right leg:

- 2.1 Front stretch kick
- 2.2 Side stretch kick
- 2.3 Adduction kick (Outside to inside)
- 2.4 Abduction kick (Inside to outside)

Each kick to be performed 3 times each leg. Kihap when changing legs.

#### 3. Basic kicks

From junbee, move left leg forward into forward stance (double forearm side blocks). Starting with right leg:

- 3.1 Front thrust kick (Once performed slow motion and twice normal speed)
- 3.2 Side thrust kick (normal speed 3 times each leg)

#### **Change of stance from forward to L-shape stance and guarding block.**

- 3.3 Chop kick (normal speed 3 times each leg)

3.4 Turning/roundhouse kick (normal speed 3 times each leg)

3.5 Back kick (normal speed 3 times each leg)

3.6 Reverse turning kick (normal speed 3 times each leg)

**Each kick to be performed 3 times each leg. Kihap when changing legs.**

#### **4. Special Kicks**

From junbee, move right leg back into fighting stance:

4.1 Slide back, fast-step middle kick, chop kick, round house kick

4.2 Slide back, fast-step chop kick, middle kick, round house kick

4.3 Fast-step side push kick, chop kick, scissors kick

4.4 Slide back, middle kick, round house kick, back kick

4.5 Cut-step forward round house kick, middle kick, back kick

**Each set to be performed with Kihap twice.**

#### **5. Single motions**

From junbee moving forward in walking stance. Starting with left leg and left hand:

5.1 Low section block

5.2 Mid-section punch

5.3 High-section block

5.4 High-section punch

5.5 Mid-section inside block

5.6 Opposing-hand punch (starting left leg and right hand)

5.7 Outward block

5.8 Mid-section punch

5.9 Knife hand neck strike

5.10 Outward knife hand block

5.11 Double knife hand guarding block

**Each set to be performed three steps forward and three steps backward.**



## 6. Double motions

From junbee moving forward in forward stance. Starting with left leg and left hand

- 6.1 Low-section block + mid-section punch
- 6.2 High-section block + high section punch

**Each set to be performed three steps forward and three steps backward.**

## 7. Triple motion

From junbee moving forward in forward stance. Starting with left leg (LL) and left hand (LH):

- 7.1 Inside block (LH), double punch (RH, LH)
- 7.2 Swallow-shape neck strike, front kick (RL), back fist (RH)
- 7.3 High section block (LH), side kick (RL), elbow target strike
- 7.4 Forward stance (LL), low section block (LH), front kick (RL), outward block (LH)
- 7.5 Tiger stance (LL), palm fist inside block (RH), front kick (RL), outside block (LH)
- 7.6 Forward stance (LL), knife hand outward block (LH), elbow strike + back fist (RH)

## 8. Poomsae

The form the applicant shall perform depends on the grade he/she is testing for as follows:

Geup Grade	Poomsae
10 <sup>th</sup>	No poomsae
9 <sup>th</sup>	No poomsae
8 <sup>th</sup>	Taegeuk Il (1) jang
7 <sup>th</sup>	Taegeuk E (2) jang
6 <sup>th</sup>	Taegeuk Sam (3) jang + one random (Taegeuk 1-2)
5 <sup>th</sup>	Taegeuk Sa (4) jang + one random (Taegeuk 1-3)
4 <sup>th</sup>	Taegeuk Oh (5) jang + one random (Taegeuk 1-4)
3 <sup>rd</sup>	Taegeuk Yuk (6) jang + one random (Taegeuk 1-5)
2 <sup>nd</sup>	Taegeuk Chil (7) jang + one random (Taegeuk 1-6)
1 <sup>st</sup>	Taegeuk Pal (8) jang + one random (Taegeuk 1-7)

## 9. One step sparring

From Junbee the attacking opponent move right leg half step back into deep stance left hand lower block:

- 9.1 Moving forward, attacking mid-section punch with right hand. Counterattack – side thrust kick to the middle of the body attacking the ribs.
- 9.2 Same attack as set 1. Counter attack – back kick with left leg to the middle of the body attacking the solar plexus.
- 9.3 Same attack as set 1. Counter attack – stepping forward with left leg, knife hand hook blocking the opponent’s punch followed by middle kick and round house kick with right leg.
- 9.4 Same attack as set 1. Counter attack – blocking the opponent’s punch with an adduction kick with right leg followed by back kick to the solar plexus with left leg.
- 9.5 Moving right leg back into fighting stance, attacking middle kick with right leg.
- 9.6 Counter attack – moving forward with left leg and blocking the opponent’s middle kick with low-section block with left hand, followed by mid-section punch to the solar plexus with right hand and middle kick to the body with right leg.

**Kihap on the first move of the attacker and counter-attacks.**

## 10. Self defense

- 10.1 Hair
- 10.2 Collar
- 10.3 Double wrist
- 10.4 Head-lock
- 10.5 Bear-hug

## 11. Push-ups

The number of push-ups the applicant shall perform depends on the grade he/she is testing for, as follows:

<b>Geup Grade</b>	<b>Push-ups</b>
<b>10<sup>th</sup></b>	10
<b>9<sup>th</sup></b>	10
<b>8<sup>th</sup></b>	10
<b>7<sup>th</sup></b>	10
<b>6<sup>th</sup></b>	20
<b>5<sup>th</sup></b>	20
<b>4<sup>th</sup></b>	20
<b>3<sup>rd</sup></b>	20
<b>2<sup>nd</sup></b>	30
<b>1<sup>st</sup></b>	30

## **12. Board breaking**

All applicant testing for 8<sup>th</sup>-1<sup>st</sup> Geup must perform one hand/arm and one foot breaking technique (depending on ability).

## **13. Sparring**

All applicants testing for 8<sup>th</sup>-1<sup>st</sup> Geup shall perform a two minute round of free sparring (depending on ability)

**See summary of Geup Promotion Testing requirements in appendix 1.**

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## Article 9

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### Poom/Dan Promotion Test Syllabus

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#### 1. Basic Kicks (to be performed both legs)

From junbee, move left leg forward into **L-shape** stance and guarding block. Starting with right leg:

- 1.1 Front thrust kick (once performed slow motion and twice normal speed)
- 1.2 Side thrust kick (normal speed 3 times each leg)
- 1.3 Chop kick (normal speed 3 times each leg)
- 1.4 Turning/roundhouse kick (normal speed 3 times each leg)
- 1.5 Back kick (normal speed 3 times each leg)
- 1.6 Reverse turning kick (normal speed 3 times each leg)

**Each kick to be performed 3 times each leg. Kihap when changing legs.**

#### 2. Special Kicks

From junbee, move right leg back into fighting stance

- 2.1 Slide back, fast-step middle kick, chop kick, round house kick
- 2.2 Slide back, fast-step chop kick, middle kick, round house kick
- 2.3 Fast-step side push kick, chop kick, scissors kick
- 2.4 Slide back, middle kick, round house kick, back kick
- 2.5 Cut-step forward round house kick, middle kick, back kick

**Each set to be performed twice with same leg.**

#### 3. Poomsae

Each grade has its compulsory poomsae (see **Table 4**), however, depending on the applicant's disability (physical or intellectual) the Panel will chose 2 appropriate Poomsaes (compulsory + 1 random).

Poom/Dan	Poomsae
1 <sup>st</sup>	Koryo
2 <sup>nd</sup>	Keumgang
3 <sup>rd</sup>	Taebaek
4 <sup>th</sup>	Pyeongwon
5 <sup>th</sup>	Sipjin
6 <sup>th</sup>	Jitae
7 <sup>th</sup>	Cheonkwon
8 <sup>th</sup>	Hansoo
9 <sup>th</sup>	Ilyeo

#### 4. One step sparring

From Junbee the **attacking opponent** move right leg half step back into deep stance left hand lower block:

- 4.1 Moving forward, attacking mid-section punch with right hand. **Counterattack** – side thrust kick to the middle of the body attacking the ribs.
- 4.2 Same attack as set 1. **Counter attack** – back kick with left leg to the middle of the body attacking the solar plexus.
- 4.3 Same attack as set 1. **Counter attack** – stepping forward with left leg, knife hand hook blocking the opponent’s punch followed by middle kick and round house kick with right leg.
- 4.4 Same attack as set 1. **Counter attack** – blocking the opponent’s punch with an adduction kick with right leg followed by back kick to the solar plexus with left leg.
- 4.5 Moving right leg back into fighting stance, attacking middle kick with right leg. **Counter attack** – moving forward with left leg and blocking the opponent’s middle kick with low-section block with left hand, followed by mid-section punch to the solar plexus with right hand and middle kick to the body with right leg.  
**Kihap on the first move of the attacker and counter-attacks.**

## 5. **Self defense**

- 5.1 Hair
- 5.2 Collar
- 5.3 Double wrist
- 5.4 Head-lock
- 5.5 Bear-hug

## 6. **Push-ups**

30 push-ups for all applicants

## 7. **Board breaking**

All applicant testing for Poom/Dan must perform one hand/arm and one foot breaking technique (depending on ability).

## 8. **Sparing**

All applicants testing for Poom/Dan shall perform a two minute round of free sparing (depending on ability)

## 9. **Thesis**

All applicants testing for 5<sup>th</sup> Dan and above are required to submit a thesis as part of the test with the following specifications:

- Topics for thesis are to be one of any of the 5 subjects below:
  - Para Taekwondo development in your region.
  - How to organise a Para Taekwondo event.
  - Taekwondo games management system.
  - Globalization of Para Taekwondo
  - Differences between Taekwondo & Para Taekwondo teaching methods.
- Minimum 5000 words, font not larger than 12 and spacing 1.5 or 2.0.
- To be submitted minimum 5 days prior to the practical test.

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## Article 10

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### Belt specifications

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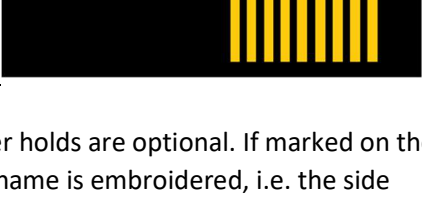
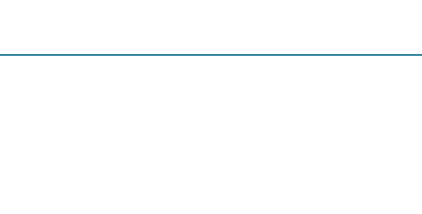

#### 1. Geup Belts

Geup	Belt color	Design
10 <sup>th</sup>	White	
9 <sup>th</sup>	White with yellow stripe	
8 <sup>th</sup>	Yellow	
7 <sup>th</sup>	Yellow with green stripe	
6 <sup>th</sup>	Green	
5 <sup>th</sup>	Green with blue stripe	
4 <sup>th</sup>	Blue	
3 <sup>rd</sup>	Blue with red stripe	
2 <sup>nd</sup>	Red	
1 <sup>st</sup>	Red with black stripe	

*\*The stripe should be in the middle of the belt about 1 cm wide.*

- 1.1 In the case a Geup holder wants to embroider the belt with his/her name this shall be done on the side of the belt without the manufacturer identification logo.
- 1.2 World Taekwondo Logo and brand name may be put on the other side of the belt with the manufacturer identification logo. The WT logo and brand may be exchanged for National Team or Club branding.

## 2. Poom/Dan Belts

Poom/Dan	Belt color	Design
1 <sup>st</sup>	Black or black/red (poom)	
2 <sup>nd</sup>	Black or black/red (poom)	
3 <sup>rd</sup>	Black or black/red (poom)	
4 <sup>th</sup>	Black or black/red (poom)	
5 <sup>th</sup>	Black	
6 <sup>th</sup>	Black	
7 <sup>th</sup>	Black	
8 <sup>th</sup>	Black	
9 <sup>th</sup>	Black	

- 2.1 Stripes marking each poom/dan the practitioner holds are optional. If marked on the belt this shall be done on the same side as the name is embroidered, i.e. the side without the manufacturer mark.



- 2.2 In the case a Poom/Dan holder wants to embroider the belt with his/her name this shall be done on the side of the belt without the manufacturer identification logo.
- 2.3 World Taekwondo Logo and brand name may be put on the other side of the belt with the manufacturer identification logo. The WT logo and brand may be exchanged for National Team or Club branding.

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## Article 11

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### Fees

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1. Para Taekwondo Geup promotion test shall be stipulated in the outline for each Promotion Test and may vary between dojangs and countries.
2. Preprinted World Para Taekwondo Geup Certificate shall be purchased from World Taekwondo at US\$3 per certificate
3. Para Taekwondo Poom/Dan Promotion Test fees

Poom/Dan	WT Fee	CU Fee	MNA Fee	Examiner
1 <sup>st</sup> Poom/Dan	\$100	20%	20%	10%
2 <sup>nd</sup> Poom/Dan	\$150	20%	20%	10%
3 <sup>rd</sup> Poom/Dan	\$200	20%	20%	10%
4 <sup>th</sup> Poom/Dan	\$250	20%	20%	-
5 <sup>th</sup> Dan	\$300	20%	20%	-
6 <sup>th</sup> Dan	\$400	20%	20%	-
7 <sup>th</sup> Dan	\$500	20%	20%	-
8 <sup>th</sup> Dan	\$600	20%	20%	-
9 <sup>th</sup> Dan	\$700	20%	20%	-

3.1 Fees may be adjusted based on United Nations list of developing countries

4. All Promotion Test Fees shall be paid in advance through the GMS system and are non-refundable.
  - 4.1 In the case an applicant fails to attend the promotion test for a valid reason, their test fees will be used for the next time the applicant applies for a promotion test if it is within one year from the first application.

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## Article 12

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### Recognition of Belt Grades

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1. World Para Taekwondo recognizes MNA approved Geup grades that has been awarded to persons with an impairment. The person shall test following these Rules for the next Geup level.
  - 1.1 Para Taekwondo practitioners, dojangs and Member National Associations can apply for recognition of current Geup levels for their practitioners until December 31, 2021.
  
2. WT recognized Poom/Dan (Kukkiwon) grades will be recognized by World Para Taekwondo and the applicant can enter World Para Taekwondo Promotion Test for the next Poom/Dan level, provided that sufficient time has passed since the last promotion.
  - 2.1 Para Taekwondo practitioners, dojangs and Member National Associations can apply for recognition of current Poom/Dan levels for their practitioners until December 31, 2021

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## Article 13

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### Amendment and Effectuation

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1. These Rules shall be enacted and amended by the approval of the WT Council
2. These Rules are to come into effect immediately
3. World Para Taekwondo and certified Geup/Dan Promotion Test Examiners will start conducting promotion tests as of January 1, 2021.
4. As of January 1, 2022 all Para Taekwondo practitioners will be required to hold a World Para Taekwondo Geup/Poom/Dan in order to enter WT promoted or recognized tournaments.

## Appendix 1

### Para Taekwondo Geup Promotion Test requirements overview

Geup Grade	Punches	Stretch Kicks	Basic Kicks	Special Kicks	Single Motion	Double Motion	Triple Motion	Poomsae	1-Step Sparring	Self Defence	Push-up	Braking Boards	Free Sparring
10 <sup>th</sup>	All sets	All 4 kicks	1-4 kicks	X	1-4	X	X	X	X	1-2	10	X	X
9 <sup>th</sup>	All sets	All 4 kicks	1-4 kicks	X	5-8	1-2	X	X	X	1-2	10	X	X
8 <sup>th</sup>	All sets	All 4 kicks	1-5 kicks	1-2	9-11	X	X	1 Iljang	X	1-2	10	✓	✓
7 <sup>th</sup>	All sets	All 4 kicks	1-5 kicks	1-2	9-11	X	X	2 Ejang	X	1-2	10	✓	✓
6 <sup>th</sup>	All sets	All 4 kicks	All 6 kicks	1-2	X	X	1-3	3 Samjang + 1 random	X	1-3	20	✓	✓
5 <sup>th</sup>	All sets	All 4 kicks	All 6 kicks	1-2	X	X	1-3	4 Sajang + 1 random	X	1-3	20	✓	✓
4 <sup>th</sup>	All sets	All 4 kicks	All 6 kicks	3-5	X	X	4-6	5 Ohjang + 1 random	1-3	4-6	20	✓	✓
3 <sup>rd</sup>	All sets	All 4 kicks	All 6 kicks	3-5	X	X	4-6	6 Yukjang + 1 random	1-3	4-6	20	✓	✓
2 <sup>nd</sup>	All sets	All 4 kicks	All 6 kicks	3-5	X	X	4-6	7 Chiljang + 1 random	All 5 sets	All 5 sets	30	✓	✓
1 <sup>st</sup>	All sets	All 4 kicks	All 6 kicks	3-5	X	X	4-6	8 Paljang + 1 random	All 5 sets	All 5 sets	30	✓	✓

## Appendix 2

### Para Taekwondo Poom/Dan Promotion Test requirements overview

Poom/Dan Grade	Basic Kicks	Special Kicks	Poomsae	1-Step Sparring	Self-defence	Push-ups	Breaking Board	Free Sparring	Thesis*
1 <sup>st</sup> Poom/Dan	✓	✓	Koryo	✓	✓	30	✓	✓	X
2 <sup>nd</sup> Poom/Dan	✓	✓	Keumgang	✓	✓	30	✓	✓	X
3 <sup>rd</sup> Poom/Dan	✓	✓	Taebak	✓	✓	30	✓	✓	X
4 <sup>th</sup> Poom/Dan	✓	✓	peongwon	✓	✓	30	✓	✓	X
5 <sup>th</sup> Dan	✓	✓	Sipjin	✓	✓	30	✓	✓	✓
6 <sup>th</sup> Dan	✓	✓	Jitae	✓	✓	30	✓	✓	✓
7 <sup>th</sup> Dan	✓	✓	Chungwon	✓	✓	30	✓	✓	✓
8 <sup>th</sup> Dan	✓	✓	Hanseo	✓	✓	30	✓	✓	✓
9 <sup>th</sup> Dan	✓	✓	Ilyo	✓	✓	30	✓	✓	✓

*\*Thesis requirements: all candidates applying for 5<sup>th</sup> Dan and above must write a Thesis*