



CHITF Black Belt 1st Dan- 8th Dan Exam Requirements

- **Physical Exam for 1st to 3rd Degree:**
- 3 Rounds of 2 minutes of skipping with 1 minute rest in between
- 5 Rounds of 50 Push-ups in 1 minute with 1 minute rest in between
- 5 Rounds of 50 Sit-ups in 1 minute with 1 minute rest in between
- Run:
- ***1st Degree = 3.2 KM in 18 Minutes (8 Laps)***
- ***2nd Degree = 6.4 KM in 36 Minutes (16 Laps)***
- ***3rd Degree = 10 KM in 60 Minutes (24 Laps)***
- All degrees = Sprint (1/2 Lap)
- Written Exam: each degree has a specific exam for their level
- Essay (minimum 4 pages, single spaced): Topic of your choosing but must be approved by head instructor
- **1st Dan Technical Exam:**
- ***Minimum of two years training, attend in one CHITF approved seminar (or Zoom), compete in one or either international/national CHITF tournament (or Virtual tournament);***

Patterns: all Color belt patterns

- **Sparring:**
- **3 step sparring** (Yellow Strip to Green Stripe)
- **2 step sparring** (Green Belt)
- **1 step sparring** (Green Belt to Black Stripe)
- **Free Sparring:** Single and Multiple Opponents
- **Self Defense:** White to Black Stripe techniques; Knife defense (Ice Pick and upwards stab)
- **Breaking:**
- Power (2 to 3 boards) = hand(punch/knife hand) or foot (side kick)
- Special (1 to 2 boards) = Suspended (1board), Flying side kick (height or distance) or multiple targets in the air(2 targets)

Essay (minimum 4 pages, single spaced): Topic of your choosing but must be approved by head instructor

- **Oral Exam**

- **2nd Dan technical Exam:**

- Minimum of one and half years training, attend in one CHITF approved seminar (or Zoom), compete in one or either international/national CHITF tournament (or Virtual tournament); attended a CHITF Authorized Umpire course, served as an Umpire with the authorized prove -stamped in your CHITF Black Belt Member Passport.

Patterns: 2 Random Color Belt Patters, all 3 first dan tuls

- **Sparring:**
- **Step sparring:** create 3 from each 1st dan
- **Model sparring:** create 3 with a minimum of 3 counter attacks
- **Free Sparring:** Single and Multiple Opponents
- **Self Defense:** against weapon
- **Breaking:**
- Power (3 to 4 boards) = hand(punch/knife hand) or foot (side kick)

- Special (1 to 3 boards) = Suspended (1 board), Self-hold (1 board), Flying side kick (height or distance) or multiple targets in the air (3 targets)

Essay (minimum 4 pages, single spaced): Topic of your choosing but must be approved by head instructor

- **Oral Exam**

- **3rd Dan technical Exam:**

- Minimum of two years training, attend in one CHITF approved seminar (or Zoom), compete in one or either international/national CHITF tournament (or Virtual tournament); attended a CHITF Authorized Umpire course, served as an Umpire with the authorized prove -stamped in your CHITF Black Belt Member Passport.

Patterns: 1 Random Color Belt Patters, 1 first dan tul, 3 second dan tuls

- **Sparring:**
- **Step sparring:** create 3 from each 2nd dan
- **Model sparring:** create 5 with a minimum of 3 counter attacks
- **Free Sparring:** Single and Multiple Opponents
- **Self Defense:** Knife, stick defense Multiple opponents
- **Breaking:**
- Power (4 to 5 boards) = hand (punch/knife hand) or foot (side kick)
- Special (1 to 4 boards) = Suspended (1 board), Self-hold (1 board), Flying side kick (height or distance) or multiple targets in the air (4 targets)

Essay (minimum 4 pages, single spaced): Topic of your choosing but must be approved by head instructor

- Oral Exam

- **4th Dan technical Exam:**

Minimum of three years training, MUST be approved by either the CHITF, a CHITF Grand Master/Senior Master/ Master, a country where does not have a CHITF Master , then a letter of application HAVE to apply to the CHITF World Headquarters, CHITF will appoint an Authorised Examiner (if in a case it is impossible for appoint an Examiner, a Zoom Exam or a send in video would

be considered) attend the CHITF Authorized International Instructor Course, attend in one CHITF approved seminar (or Zoom), compete in one or either international/national CHITF tournament (or Virtual tournament); attended a CHITF Authorized Umpire course, served as an Umpire with the authorized prove -stamped in your CHITF Black Belt Member Passport.

Patterns: 1 Random Color Belt Patter, 1 first dan tul, 1 second dan tul, all third dan tuls

- **Sparring:**
- **1 Step sparring:** create 9 from each of 3rd dan tuls
- **Model sparring:** create 5 with a minimum of 3 counter attacks
- **Free Sparring:** Single and Multiple Opponents
- **Self Defense-routine:** Knife, stick defense ;Multiple opponents
- **Breaking:**
- Power (4 to 5 boards) = hand (punch/knife hand) or foot (side kick)
- Special (1 to 4 boards) = Suspended (1 board), Self-hold (1 board), Flying distance (minimum 5 people)- side kick ; multiple targets in the air (4 targets)

Essay (minimum 4 pages, single spaced): Topic of your choosing but must be approved by head instructor

- Oral Exam

5th Dan technical Exam:

Minimum of three and a half year training, MUST be approved by either the CHITF, a CHITF Grand Master/Senior Master/ Master, a country where does not have a CHITF Master , then a letter of application HAVE to apply to the CHITF World Headquarters, CHITF will appoint an Authorised Examiner (if in a case it is impossible for appoint an Examiner, a Zoom Exam or a send in video would be considered), show the copies of CHITF Certificate of Instructor/Umpire, attend in one CHITF approved seminar (or Zoom), compete in one or either international/national CHITF tournament (or Virtual tournament); attended a CHITF Authorized Umpire course, served as an Umpire with the authorized prove -stamped in your CHITF Black Belt Member Passport.

Patterns: 1 Random Color Belt Patter, 1 first dan tul, 1 second dan tul, 1 third dan tuls, all 4th Dan Tuls

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Sparring:

- **1 Step sparring:** create 9 from each of 4th dan tuls
- **Model sparring:** create 5 with a minimum of 3 counter attacks
- **Free Sparring:** Single and Multiple Opponents
- **Self Defense-routine:** Knife, stick defense , gun
- **Breaking:**
- Power (4 to 5 boards) = hand (your choice) or foot (your choice)
- Special technique of your choice

Essay (minimum 4 pages, single spaced): Topic of your choosing but must be approved by head instructor

- **Oral Exam**

6th Dan technical Exam:

Minimum of four and a half year training, **MUST** be approved by either the CHITF, a CHITF Grand Master/Senior Master/ Master, a country where does not have a CHITF Master , then a letter of application **HAVE** to apply to the CHITF World Headquarters, CHITF will appoint an Authorised Examiner (if in a case it is impossible for appoint an Examiner, a Zoom Exam or a send in video would be considered) show the copies of CHITF Certificate of Instructor/Umpire, attend in one CHITF approved seminar (or Zoom), compete in one or either international/national CHITF tournament (or Virtual tournament); attended a CHITF Authorized Umpire course, served as an Umpire with the authorized prove -stamped in your CHITF Black Belt Member Passport.

Patterns: 1 Random Color Belt Patter, 1 first dan tul, 1 second dan tul, 1 third dan tul, 1 fourth dan tul, Se Jong, So San Tuls

- **Sparring:**
- **1 Step sparring:** create 9 from each of 3rd dan tuls
- **Model sparring:** create 5 with a minimum of 3 counter attacks
- **Free Sparring:** Single and Multiple Opponents
- **Self Defense-routine:** Knife, stick defense; multiple opponents
- **Breaking:**

- Power (4 to 5 boards) = hand (punch/knife hand) or foot (side kick)
- Special (1 to 4 boards) = Suspended (1 board), Self-hold (1 board), Flying distance(minimum 5 people)- side kick ; multiple targets in the air (4 targets)

Essay (minimum 4 pages, single spaced): Topic of your choosing but must be approved by head instructor

- **Oral Exam**
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MASTER and SENIOR MASTER EXAM REQUIREMENTS

7th Dan technical Exam:

Minimum of six years training, MUST approved by the CHITF Promotion Board, show the copies of CHITF Certificate of Instructor/Umpire, attend in one CHITF approved seminar (or Zoom), compete in one or either international/national CHITF tournament (or Virtual tournament); attended a CHITF Authorized Umpire course, served as an Umpire with the authorized prove -stamped in your CHITF Black Belt Member Passport.

Patterns: 1 Random Color Belt Patter, 1 first dan tul, 1 second dan tul, 1 third dan tul, 1 fourth dan tul, So San Tul, Tong Il Tul

- **Sparring:**
- **1 Step sparring:** create 9 from any tul
- **Model sparring:** create 5 with a minimum of 3 counter attacks
- **Free Sparring:** Single and Multiple Opponents
- **Self Defense-routine:** your choice
- **Breaking:** your choice

Essay (minimum 4 pages, single spaced): Topic of your choosing but must be approved by CHITF Promotion Board)

- **Oral Exam**

8th Dan technical Exam:

Minimum of seven years training and leadership- driven, CHITF World Headquarters reserves the rights to inform the individual. No one should ask for their CHITF 8th Dan Promotion. Individual would be approved by the CHITF Promotion Board.

Requirements: Show the Leadership, services, contributions, community works!

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