



Time & Age Limits for Poom or Dan Promotion

1. 1. Time and Age Limits
2. 1. (1) Organization for promotion test

Poom/Dan	Minimum Time Required for promotion	Age Limits for promotion	
		Start for Dan	Start for Poom
1st Poom	N/A	N/A	Less than 15 Years Old
1st to 2nd Poom	1 year	N/A	15
2nd to 3rd Poom	2 year	N/A	15
3rd to 4th Poom	3 year	N/A	18
1st Dan	N/A	15 years and above	N/A
1st to 2nd Dan	1 year	16 years and above	15 years and above
2nd to 3rd Dan	2 year	18 years and above	15 years and above
3rd to 4th Dan	3 year	21 years and above	18 years and above
4th to 5th Dan	4 year	25 years and above	22 years and above
5th to 6th Dan	5 year	30 years and above	30 years and above
6th to 7th Dan	6 year	36 years and above	36 years and above
7th to 8th Dan	8 year	44 years and above	44 years and above
8th to 9th Dan	9 year	53 years and above	53 years and above
9th to 10th Dan	N A	60 years and above	60 years and above

Remarks:

- All applicants should have passed the minimum time and age required for promotion.
- One who started from Poom may have the privilege of test application with shortened time limits until 5th Dan promotion.
- 1,2,3 Poom holder, being 15 years of age or above, is the same grade of Dan holder. (4th Poom holder, being 18 years of age or above, is the same as 4th Dan holder)
- 1, 2, 3 Poom holder, being 15 years of age or above, can have the Dan Certificates when they want to change their Poom certificates. (4th Poom holder, being 18 years of age or above, can change the 4th Dan certificate)
- When 1, 2, 3 Poom holder, being 15 years of age or above, want to be promoted to the next higher Dan, he or she can be applied Dan promotion test. However, 3rd Poom holder who is 18 years of age and above can be applied 4th Dan and under 18 years of age can be applied 4th Poom.



Specified Subjects of Practical Techniques Applied to the Poom & Dan Promotion Test

For Breaking Exams the material required must be arranged by the applicant or academy. JSTARC will not provide any material.

Poom/ Dan	Qualifications	Applicant
Dan (Poom)	Taegeuk 1 – 7(1 appointed)	Taegeuk 8
2 nd Dan (Poom)	Taegeuk 1 – 8(1 appointed)	Koryo
3 rd Dan (Poom)	Taegeuk 1 - 8 , Koryo(1 appointed)	Keumkang
4 th Dan (Poom)	Taegeuk 1 - 8 , Koryo, Keumkang (1 appointed)	Taebaek
5 th Dan	Taegeuk 1 - 8 , Koryo, Keumkang, Taebaek (1 appointed)	Pyongwon
6 th Dan	Taebaek, Pyongwon, Sipjin (1 appointed)	Jitae
7 th Dan	Pyongwon, Sipjin, Jitae (1 appointed)	Cheonkwon
8 th Dan	Sipjin, Jitae, Cheonkwon (1 appointed)	Hansoo
9 th Dan	Jitae, Cheonkwon, Hansoo (1 appointed)	Illyo
10 th Dan	Decided by the Judgement of Technical Committee	

Test of Techniques

- Poomsae (Forms)
- Kyorugi (Sparring)
- Kyokpa (Power check)
- Special technique

Test of theoretical study (over 4th Dan applicant)

- Written examination
- Thesis

Dress Code for Exams

Applicants for the examination shall wear the following during the promotion test

- Official Do-Bok
- Protectors (Trunk protectors, Headgear, Groin guard)