



Rules and Regulations of the International Taekwon-Do Federation

Revised Friday July 1th 2022

3.0. REQUIREMENTS FOR EACH RANK INCLUDING AGE AND YEARS.

Degree (dan)	Minimum training period	Additional requirements	Potential reduction of training period interval	Title/Insignia
From 1st to 2nd degree	1.5 years	Min age to 1 st degree is 9 years, 1 st degree to 2 nd degree is 14.5 years	Maximum reduction of training period up to 3 months can be obtained if a candidate takes part in a relevant training courses or events, and successfully completes the assessment.(1)	Boo-Sa beum nim (assistant instructor)
From 2nd to 3rd degree	2 years	Min age for 3 rd degree is 16.5 years	Maximum reduction of training period up to 4 months can be obtained if a candidate takes part in relevant training courses or events, and successfully completes the assessment (*)	Boo-Sa beum nim (assistant instructor)
From 3rd to 4th degree	3 years	Minimum age for 4 th degree is 19.5 years	Maximum reduction of training period up to 5 months can be obtained if a candidate takes part in relevant training courses or events, and successfully completes the assessment (*)	Sa beum nim (Instructor)
From 4th to 5th degree	4 years	Minimum age for 5 th degree is 23.5 years	Maximum reduction of training period up to 6 months can be obtained if a candidate takes part in relevant training courses or events, and successfully completes the assessment (*)	Sa beum nim (Instructor)
From 5th to 6th degree	5 years	Minimum age for 6 th degree is 28.5 years	Maximum reduction of training period up to 7 months can be obtained if a candidate takes part in relevant training courses or events, and successfully completes the assessment (*)	Sa beum nim (Instructor)
From 6th to 7th degree	6 years	Minimum age for 7 th degree is 34.5 years	Maximum reduction of training period up to 8 months can be obtained if a candidate takes part in relevant training courses or	Sa hyun nim (Master)

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From 7th to 8th degree	7 years	Minimum age for 8 th degree is 41.5 years	Maximum reduction of training period up to 9 months can be obtained if a candidate takes part in relevant training courses or events, and successfully completes the assessment (*)	Sa Hyun nim (Master)
From 8th to 9th degree	8 years	Minimum age for 9 th degree is 49.5 years	In special circumstances and to further the development of the ITF, the promotion board can grant a reduction of this period. Unanimous consent must be granted by a special committee that shall consist of 9 members that are holders of either 7th or 8th degree recognized by ITF HQ Korea.	Sa Seung nim (Grand Master)