SWISS TAEKWONDO

Swiss Kukkiwon Office (SKKO)

DAN AND POOM EXAMINATION REGULATIONS

Guide for Candidates and Dojang Officials

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Part One: Purpose and Scope

Article 1: Purpose

These regulations set out the admission requirements for Dan and Poom examinations. They define the requirements for the Dan grades and ensure consistent, high-quality training for Taekwondo practitioners in Switzerland, as well as the international recognition of the grades awarded.

Passing the first Dan examination confirms mastery of the fundamentals of Taekwondo. From this grade onward, the practitioner's and teacher's true career begins. Every Dan examination passed is also recognition of a goal achieved.

Article 2: Definitions

Term	Definition
Poom	Grade for persons under 15 years of age (1st–3rd Poom)
Dan	Master grade from age 15 (1st–9th Dan)
Kukkiwon	World headquarters of Taekwondo, Seoul, Korea
Low Dan	1st to 3rd Dan
High Dan	4th to 8th Dan (at least one official external Kukkiwon expert is required)
SKKO	Swiss Kukkiwon Office
Dojang	Taekwondo training venue
Mudopass	Swiss Taekwondo membership card

Part Two: Admission Requirements for Candidates

Article 3: Admission of Candidates

All candidates must be members of Swiss Taekwondo and belong to a Swiss Taekwondo club. A recommendation from the Dojang official is required.

All Kukkiwon Taekwondo Connected (TCON) requirements for registration in particular registering as a non-Swiss citizen apply. This may include proof of residency.

A minimum of 3 years of Swiss Taekwondo membership is required for any Dan test. If an applicant with less years of membership wishes to participate in a Dan test, proof of previous membership at another WT national federation is required.

Candidates for the 2nd Dan and above must submit a copy of their current Dan certificate. Only Kukkiwon certificates are recognized for obtaining a higher grade. If this is not the case, the candidate must contact the SKKO. The examination must be taken in accordance with Kukkiwon requirements so that admission to the next higher grade can be approved and registered.

Recognition of grades already obtained is guaranteed provided valid proof, in particular a Kukkiwon certificate, is available. A general downgrading is not permitted.

Article 4: Age Limits and Waiting Periods

The following age limits and waiting periods must be observed. The exam date of the last successful Dan examination resulting in a Kukkiwon or SKKO accepted certificate serves as the reference for the next examination.

An applicant has to be at least 10 years old (by birth year) to take part in a Dan test.

For Low Dan examinations (1st–3rd Dan), a tolerance of 15 days before/after the reference date applies.

Poom / Dan	Minimum waiting period	Age limit for promotion
1st Poom	6 months since 1st Kup	10 years and older
1st to 2nd Poom	1 year	11 years and older
2nd to 3rd Poom	2 years	12 years and older
1st Dan	6 months since 1st Kup	15 years and older
1st to 2nd Dan	1 year	16 years and older
2nd to 3rd Dan	2 years	18 years and older
3rd to 4th Dan	3 years	21 years and older
4th to 5th Dan	4 years	25 years and older
5th to 6th Dan	5 years	30 years and older
6th to 7th Dan	6 years	36 years and older

A minimum of at least three training sessions of 60 to 90 minutes per week, or at least 156 hours per year, is recommended.

It is the responsibility of Dojang officials to enforce this recommendation.

Article 5: Training Courses

The following training courses are required or recommended for admission to the Dan examination:

Dan Grade	Training Courses
1st Dan / 1st Poom	Mandatory: preparation workshop. Recommendation: competition referee seminar
2nd Dan / 2nd Poom	Mandatory: preparation workshop. Recommendation: competition referee seminar
3rd Dan / 3rd Poom	Mandatory: technical seminar from 2nd Dan. Recommendation: referee seminar, Coach Education C1 module, national referee license
4th Dan	Mandatory: technical seminar from 3rd Dan. Recommendation: referee seminar, Coach Education C2 module, national referee license
5th Dan	Mandatory: technical seminar from 4th Dan. Recommendation: referee seminar, national referee license
6th Dan	Mandatory: technical seminar from 5th Dan. Recommendation: referee seminar, national referee license (1st/2nd class)

A list of annual technical seminars is maintained by Swiss Taekwondo and the SKKO.

Participation in competition referee seminars and in the Coach Education C1 and C2 modules, as well as obtaining a national Kyorugi referee or Poomsae judge license, are recommended but do not constitute an admission requirement for the examination.

Article 6: Conversion of Poom to Dan

Holders of the 1st to 3rd Poom may, from the age of 15, apply for conversion to the corresponding Dan grade.

Article 7: Long-Term or Permanent Health Issues

If a candidate suffers from a long-term injury or a permanent health problem (physical), he/she must submit a medical certificate. The club may state how the applicant and trainer deal with any issues during training and lessons. The expert committee will take this into account to ensure a fair and appropriate assessment of the candidate.

Part Three: Examination Fees

Article 8: Examination Fees

Fees for the examination are charged by Swiss Taekwondo. Each candidate receives an invoice from Swiss Taekwondo stating the amounts payable. The current Dan Test fees can be found in the appendix.

The examination fees must be paid at least 10 days before the examination. The fees for the Kukkiwon certificate must be paid immediately after the results are announced, at the latest the following day.

Article 9: Refund

A refund of the examination fees is granted in the following cases:

- Cancellation of the examination by the organizer.
- Withdrawal of registration during the registration period.
- Proof of injury, serious illness, or pregnancy at least 3 days before the examination.

In the event of failure, there is no entitlement to a refund of the examination fees.

Part Four: Registration Procedure

Article 10: Pre-registration

Dojang officials receive an email three months in advance with all the information on the upcoming Dan Tests. The email must contain the following information:

- Examination venue with address
- Schedule
- Registration link with registration deadline; deadline for submission of candidates' complete registration files
- The names of the experts
- Reminder of the regulations

Article 11: Submission of Candidate Files

Registration is carried out by the candidate via the Swiss Taekwondo member area. The Dojang officials of the candidates receive a list of the registered athletes from their Dojang and must confirm it. Candidates submit all documents online.

Article 12: Candidate Files

The candidate files must contain the following elements:

- The digital Mudopass photo must be uploaded before the examination
- TCON number if available
- A valid identity document must be brought to the examination so that identity and, if applicable, residence permit can be verified.
- Written paper (PDF format): one to two pages per Dan (excluding any images). Surname, first name, and date of birth must be stated on the document.

Candidates who do not submit the required documents on time will not be admitted to the examination.

Part Five: Examination Procedure

Article 13: Safety and Order Measures

Before the examination, candidates, examiners, and officials are informed of the safety rules. Every candidate must have valid accident insurance. Only candidates, examiners, officials, and medical personnel are permitted in the examination area.

Candidates who behave inappropriately or disruptively will be immediately excluded from the examination; it will then be considered void. Candidates' identity is verified at registration.

Article 14: Candidate's Duties on Examination Day

The candidate must:

- Arrive on time and present an identity document at registration.
- Bring their assistants (target holder, self-defense, Kyokpa).
- Wear a white, clean, and well-maintained Dobok, with the belt correctly tied. Red belt for 1st Kup, white collar. From 1st Dan onward, black collar and black belt. Black-red collar and black-red belt for 1st Poom. Competition Dobok, for Kyorugi and Poomsae, are not permitted for Dan examinations.
- For safety reasons: remove jewelry; finger and toe nails must be cut short.
- Each candidate brings their own complete protective equipment (helmet, body protector, groin guard, protectors, mouthguard).

Article 15: Rules for Spectators

A small circle of spectators is warmly welcome. So that candidates can concentrate fully, we ask spectators to refrain from food and drink during the examination and to save applause for the end of the examinations. In this way, everyone contributes to a dignified and fair examination atmosphere.

So that candidates can fully concentrate on their examination, the organizing committee is happy to take care of photo and video recordings. On request, these recordings will be made available to the candidates. Please submit your request before the examination; the organizer may charge a contribution for any additional costs.

Part Six: Examination Program and Disciplines

Article 16: Examination Program

All elements of Taekwondo are assessed in the Dan examination. The examination comprises the following elements:

Waiting Periods and Training

The stated waiting periods are binding (see Article 4).

Referee Seminar (recommended)

Participation in a referee seminar in the year of the examination or the previous year is recommended but does not constitute an admission requirement for the examination.

Basics (Kibon Dongjak)

The basic techniques set out in Appendix 1 must be mastered by every candidate on both sides.

Forms (Poomsae)

The forms must be performed dynamically and fluidly. If interrupted prematurely, a repeat attempt is permitted. In the event of a second interruption, the Poomsae is given the minimum grade and is deemed failed.

Partner Exercises (Hanbon Kyorugi)

Execution, precision, and distance are assessed. The exercises must include hand and leg combinations.

Self-Defense (Hosinsul)

Self-defense techniques against all types of holds are assessed.

Target Hitting Exercises

The exercises must be demonstrated for 30 seconds and include numerous different competition elements. The candidate may bring a person of their choice to hold the targets. All possible techniques from the basics and Kyorugi must be shown in the demonstration.

Sparring (Kyorugi)

Candidates under 30: 1 round of 2 minutes with full protective equipment. Candidates aged 30 to 39: 1 round of 1 minute 30 seconds with full protective equipment. Candidates aged 40 and over: 1 round of 1 minute; they may forgo protective equipment and then spar without contact. The experts may decide to shorten the round duration if they consider it necessary (disabilities, age, injuries).

Breaking Test (Kyokpa)

The boards (30 cm x 30 cm, glued fir or spruce wood; children up to 15 years: 10 mm, women: 15 mm, men: 20 mm) are provided by the organizer. Boards brought by the candidate are not permitted. The candidate is responsible for setting them up. In the event of failure, the candidate may repeat the test once. A fluid combination of techniques is expected.

Theory

From the 2nd Dan onward, general knowledge may be assessed by means of a questionnaire.

Written Paper

A paper written by the candidate must be submitted. The guideline is 1 to 2 pages per Dan grade.

Article 17: Examination Sequence

The examination comprises the following parts, in this order:

1. Registration
2. Opening by the head examiner
3. Warm-up (self-directed)
4. Basics (Kibon Dongjak) — see Appendix 1
5. Poomsae
6. Hanbon Kyorugi and Hosinsul
7. Target hitting exercises (30 seconds of fast technique combinations from the basics and Kyorugi)
8. Kyorugi with protective equipment (depending on age)
9. Breaking Test (Kyokpa)
10. Announcement of results
11. Photos

Part Seven: Assessment and Results

Article 18: Performance Assessment

All candidates receive a thorough and fair assessment of their skills, with age and any disabilities taken into account by the jury.

The total score is 100 points per discipline. 60 points or more correspond to a pass; below 60 points to a fail.

The examination is deemed passed if a candidate is assessed positively by the majority of experts in all disciplines. If the majority of experts find that a candidate has failed in a single discipline, the entire examination is deemed failed.

Negative results are justified by the experts on request. The experts' decision is final. A result can only be annulled in the event of a demonstrable error by the Kukkiwon or the examination organizer.

Article 19: Partial Exemption from Examination Disciplines

If a candidate fails a regular examination because they failed in a single discipline, the SKKO may, at the next examination, exempt the person from the disciplines already passed and examine only the discipline that was failed.

Article 20: Access to Examination Results

Candidates may, within 5 days of the announcement of results, request in writing to view their individual examination results. In the event of a negative decision, there is no entitlement to a refund of the examination fees. If the examination is repeated, the fees must be paid again.

Article 21: After the Examination

Within 3 days, the experts send Swiss Taekwondo the list of candidates with the assessments made, the examination results, and the settlement of the examination fees. Without written confirmation from Swiss Taekwondo, a promotion is not valid.

The President of Swiss Taekwondo	President of the Kukkiwon Office Switzerland
Jean-Marie Ayer	Abdenbi Amhand

Appendix 1: Kibon Dongjak / Basics

Arm Techniques

3 steps forward, turn, and 3 steps back with the same technique. Stepping techniques in the Apgubi position:

- Araemakgi (Apgubi)
- Momtong Bandaejireugi (Apgubi)
- Eolgul Bandaejireugi (Apgubi)
- Momtong Anmakgi (Anpalmok Bakkanmakgi when turning) (Apgubi)
- Eolgul Makgi (Apgubi)
- Sonnal Mok Chigi (Araemakgi when turning) (Apgubi)
- Pyonsonkkeut Jireugi (Araemakgi when turning) (Apgubi)
- Anpalmok Momtong Bakkanmakgi (Dwitgubi)
- Sonnal Geodeureo Bakkanmakgi (Dwitgubi)

Leg Techniques

2 times on each side:

- Ollyeochagi
- Annurowhidurugi (Anchagi)
- Bakkurowhidurugi (Bakkatchagi)
- Apchagi
- Biteureochagi (Koachagi)
- Dwichagi
- Pandalchagi
- Dollyeochagi
- Bandaedollyochagi (Hureyochagi)
- Yeopchagi
- Dwidorayeopchagi
- Ttwieoapchagi (3x fast consecutive kick)

Appendix 2: Training Programme

Grade (Kup/Dan/Poom)	Poomsae	Kyorugi and other techniques
Moo (white belt)	Kibon Dongjak	
8th Kup (yellow)	Taegeuk 1 Il-Jang	Kyorugi
7th Kup (yellow)	Taegeuk 2 I-Jang	Kyorugi
6th Kup (green)	Taegeuk 3 Sam-Jang	Hanbon Kyorugi, Kyorugi
5th Kup (green)	Taegeuk 4 Sa-Jang	Hanbon Kyorugi, Kyorugi
4th Kup (blue)	Taegeuk 5 Oh-Jang	Hanbon Kyorugi, Kyorugi
3rd Kup (blue)	Taegeuk 6 Yuk-Jang	Hanbon Kyorugi, Kyorugi
2nd Kup (red)	Taegeuk 7 Chil-Jang	Hanbon Kyorugi, Hosinsul, Kyokpa
1st Kup (red)	Taegeuk 8 Pal-Jang	Hanbon Kyorugi, Hosinsul, Kyokpa
1st–3rd Dan/Poom	Taegeuks 1-8, Koryo, Keumgang	In addition to Kyorugi, Hanbon Kyorugi, Hosinsul, and Kyokpa: history of Taekwondo, referee training, and competition rules.
4th–6th Dan	Taebaek, Pyongwon, Shipjin	As for 1st–3rd Dan, plus technique and application of the forms, defense against armed attackers.

Appendix 3: Detailed Requirements by Grade

Requirements — 1st Poom / 1st Dan

Administrative

- Pre-registration
- Valid Mudopass
- Written paper 1–2 pages (PDF format)

Training Courses

- Mandatory: preparation seminar
- Recommended: participation in a competition referee seminar in the same year or the previous year.

Basics

- Selection of basic techniques according to Appendix 1

Forms (Poomsae)

- Poomsae Taegeuk Pal Jang. Up to three forms from the training program, one of which chosen by the candidate.

Partner Exercises

- Hanbon Kyorugi — leg, arm, and combined techniques.
- Hosinsul — free self-defense exercises based on holds.

Free Sparring (Kyorugi)

- Candidates under 30: 1 round of 2 minutes with protective equipment.
- Candidates aged 30 to 39: 1 round of 1 minute 30 seconds with protective equipment.
- Candidates aged 40 and over: 1 round of 1 minute (protective equipment and contact optional, or without protective equipment and without contact).

Breaking Test (Kyokpa)

- 2 to 4 combined hand and leg techniques, performed fluidly and quickly on boards.

Requirements — 2nd Poom / 2nd Dan

Waiting period / Preparation time

- 1 year since 1st Dan/Poom (date of the Dan certificate is decisive)
- At least 16 years / Dan

A total of 156 training sessions is recommended.

Administrative Requirements

- Pre-registration
- Valid Mudopass
- Written paper 2–4 pages (PDF format)

Training Courses

- Mandatory: preparation seminar
- Recommended: participation in a competition referee seminar in the same year or the previous year.

Forms (Poomsae)

- Poomsae Koryo. Up to three forms from the training program, one of which chosen by the candidate.

Free Sparring (Kyorugi)

- Candidates under 30: 1 round of 2 minutes with protective equipment.
- Candidates aged 30 to 39: 1 round of 1 minute 30 seconds with protective equipment.
- Candidates aged 40 and over: 1 round of 1 minute (protective equipment and contact optional, or without protective equipment and without contact).

Breaking Test (Kyokpa)

- 2 to 4 combined hand and leg techniques, performed fluidly and quickly on boards.
- Techniques of increased difficulty, improvement compared to the 1st Dan.

Requirements — 3rd Poom or 3rd Dan

Waiting period / Preparation time

- 2 years since 2nd Dan/Poom (date of the Dan certificate is decisive)
- At least 18 years

A total of 312 training sessions is recommended.

Administrative Requirements

- Pre-registration
- Valid Mudopass
- Written paper 5–6 pages (PDF format)

Training Courses

- Mandatory: one technical seminar since the 2nd Dan.
- Recommended: participation in a competition referee seminar in the same year or the previous year, Coach Education C1 module from Swiss Taekwondo

- Recommended: national referee licence for Poomsae or Kyorugi with corresponding participation in national tournaments.

Forms (Poomsae)

- Poomsae Keumgang. Up to three forms from the training program, one of which chosen by the candidate.

Breaking Test (Kyokpa)

- 2 to 4 combined hand and leg techniques, performed fluidly and quickly on boards.
- Techniques of increased difficulty, improvement compared to the 1st and 2nd Dan.

Requirements — 4th Dan

Waiting period / Preparation time

- 3 years since the 3rd Dan (date of the Dan certificate is decisive)
- At least 21 years

A total of 468 training sessions is recommended.

Administrative Requirements

- Pre-registration
- Valid Mudopass
- Written paper 7–8 pages (PDF format)

Training Courses

- Mandatory: one technical seminar since the 3rd Dan
- Recommended: participation in a competition referee seminar in the same year or the previous year.
- Recommended: Coach Education C2 module from Swiss Taekwondo.
- Recommended: national referee license for Poomsae or Kyorugi with corresponding participation in national tournaments.

Forms (Poomsae)

- Poomsae Taebaek. Up to four forms from the training program, one of which chosen by the candidate.

Breaking Test (Kyokpa)

- 2 to 4 combined hand and leg techniques, performed fluidly and quickly on boards.
- Techniques of increased difficulty, improvement compared to the 3rd Dan.

Requirements — 5th Dan

Waiting period / Preparation time

- 4 years since the 4th Dan (date of the Dan certificate is decisive)
- At least 25 years

A total of 624 training sessions is recommended.

Administrative Requirements

- Pre-registration
- Valid Mudopass
- Written paper 9–10 pages (PDF format)

Training Courses

- Mandatory: one technical seminar since the 4th Dan
- Recommended: participation in a competition referee seminar in the same year or the previous year.
- Recommended: Coach Education B module from Swiss Taekwondo.
- Recommended: national referee license for Poomsae or Kyorugi with corresponding participation in national tournaments.
- Running one's own Dojang, or being a responsible instructor, or being active within the federation.

Forms (Poomsae)

- Poomsae Pyongwon. Up to four forms from the training program, one of which chosen by the candidate.

Breaking Test (Kyokpa)

- 2 to 4 combined hand and leg techniques, performed fluidly and quickly on boards.
- Techniques of increased difficulty, improvement compared to the 4th Dan.

Requirements — 6th Dan

Waiting period / Preparation time

- 5 years since the 5th Dan (date of the Dan certificate is decisive)
- At least 30 years

A total of 780 training sessions is recommended.

Administrative Requirements

- Pre-registration
- Valid Mudopass
- Written paper 11–12 pages (PDF format) — to be written in English

Training Courses

- Mandatory: one technical seminar since the 5th Dan, Coach Education B module from Swiss Taekwondo
- Recommended: participation in a competition referee seminar in the same year or the previous year.
- Recommended: national referee license for Poomsae or Kyorugi (1st/2nd class) with corresponding participation in national tournaments.
- Running one's own Dojang, or being a responsible instructor, or being active within the federation.

Forms (Poomsae)

- Poomsae Shipjin. Up to four forms from the training program, one of which chosen by the candidate.

Breaking Test (Kyokpa)

- 2 to 4 combined hand and leg techniques, performed fluidly and quickly on boards.
- Techniques of high difficulty.

Appendix 4: Current Fee Schedule

Grade	Examination Fees	Kukkiwon Certificate
1st Dan / 1st Poom	CHF 150.00	CHF 60.00
2nd Dan / 2nd Poom	CHF 250.00	CHF 80.00
3rd Dan / 3rd Poom	CHF 350.00	CHF 110.00
4th Dan	CHF 400.00	CHF 140.00
5th Dan	CHF 500.00	CHF 290.00
6th Dan	CHF 600.00	CHF 340.00