



## ITF TAEKWONDO BELT CERTIFICATION

### BEGINNER TRAINING

10		10-12 WEEKS	4 Directional Punch	7 moves
9		10-12 WEEKS	CHON JI	19 moves
8		10-12 WEEKS	DAN GUN	21 moves

### INTERMEDIATE TRAINING

7		10-12 WEEKS	DO SAN	24 moves
6		10-12 WEEKS	WON HYO	28 moves
5		10-12 WEEKS	YUL GOK	38 moves

### ADVANCED TRAINING

4		10-12 WEEKS	JOONG GUN	32 moves
3		10-12 WEEKS	TOI GYE	37 moves
2		10-12 WEEKS	HWA RANG	29 moves

## ITF BLACK BELT CERTIFICATION

1		10-12 WEEKS	BEGINNER REVIEW & CHOONG MOO - 30 moves	
Pre 1		10-12 WEEKS	INTERMEDIATE REVIEW & CHOONG MOO - 30 moves	
Pre 2		24+ WEEKS	ADVANCED REVIEW & CHOONG MOO - 30 moves	
Pre 3		24+ WEEKS	ALL PATTERNS REVIEW FOR BLACK BELT	

## ITF BLACK BELT ASST. INSTRUCTOR CERTIFICATION

1st Degree		6-8 MONTHS	KWANG GAE	39 moves
		6-8 MONTHS	PO EUN	36 moves
		6-8 MONTHS	GAE BAEK	44 moves