



## High Rank Testing Guidelines

### 1. Prior to Registering for High Rank Testing —

1. Sponsor — To be eligible for the rank of Fourth Degree or higher applicants are required to have a sponsor, or someone who can advocate on behalf of the applicant. The sponsor should either be your instructor or a fellow school owner.
2. Complete Application— Application and resume must be submitted four months prior to the event you are requesting permission to test. You can find a link to the application on the IMAS website.
3. Interview — Once you've submitted your application for High Rank Testing, a member of the five-person High Rank Testing Committee will contact you to schedule a Zoom interview. This interview must be attended by both you and your sponsor. Within 48 hours of the interview, you'll receive notification about whether you're approved to move forward in the testing process.

### 2. Registering for High Rank Testing —

1. Third Degree applicants: Register with your instructor by the deadline to be eligible to test.
2. Fourth Degree or higher applicants: Once approved by the High Rank Testing Committee, register with your instructor by the deadline to be eligible to test.

### 3. Testing for the Ranks of Third Degree to Sixth Degree Black Belt —

1. Forms —
    - Rank-specific form requirements for advancement:
      - Third Degree: Ul-Ji
      - Decided Third Degree: Yon-Gae
      - Senior Third Degree: Juche
      - Decided Fourth Degree: Ko-Dang
      - Senior Fourth Degree: Choi-Yong
      - Fifth Degree: Tong-Il
      - Sixth Degree: Moon-Moo
  2. Sparring —
    1. Complete at least 4 rounds of 2 minutes each.
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2. Use IMAS-approved sparring competition gear.
  3. Board Break —
    1. Technique requirements for board breaks:
      - Hand technique (right)
      - Hand technique (left)
      - Standing kick
      - Jumping kick
      - Spinning kick
      - Note: Ensure at least one of the three required kicks is performed with the left leg and one with the right leg.
    2. Age and gender requirements for board breaks:
      - Ages 13-14 (Male/Female): 1 board (1"x12")
      - Female 15+: 1 board (1"x12")
      - Male 15+: 2 boards (1"x12")
    3. Boards are provided by IMAS with the test fee.
  4. **Testing for the Rank of Seventh, Eighth & Ninth Degree Black Belt —**
    - These ranks can be obtained by demonstration, presentation, or any other determination by the High Rank Testing Committee.
  5. **Age and Time in Rank Requirements —**
    - Third Degree Black Belt: Minimum age 13
    - Third Degree to Decided Third Degree: Minimum 1 year at 3rd Degree
    - Decided Third Degree to Senior Third Degree: Minimum 1 year at Decided 3rd Degree
    - Senior Third Degree to Decided Fourth Degree: Minimum 1 year at Senior 3rd Degree
    - Fourth Degree to Senior Fourth Degree: Minimum 2 years at 4th Degree
    - Senior Fourth Degree to Fifth Degree: Minimum 2 years at Senior 4th Degree
    - Fifth Degree to Sixth Degree: Minimum 5 years at 5th Degree
    - Sixth Degree to Seventh Degree: Minimum 6 years at 6th Degree
    - Seventh Degree to Eighth Degree: Minimum 7 years at 7th Degree
    - Eighth Degree to Ninth Degree: Minimum 8 years at 8th Degree
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