



High Rank Testing Guidelines

1. **Registration** —

- Register with your instructor by the deadline to be eligible for the interview or test.

2. **Interview** —

1. An interview is required to test for Fourth Degree or higher.
2. Submit a resume with relevant information about your martial arts career.

3. **Forms** —

- Perform the rank-specific form for your test:
 - **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

4. **Sparring** —

1. Complete at least 4 rounds of 2 minutes each.
2. Use IMAS-approved competition gear.

5. **Board Break** —

1. Perform the following five required breaks:
 - Hand technique (right)
 - Hand technique (left)
 - Standing kick
 - Jumping kick
 - Spinning kick
 2. Ensure at least one of the three required kicks is performed with the left leg and one with the right leg.
 3. Boards must meet age and gender requirements:
 1. Ages 13-14 (Male/Female): 1 board (1"x12")
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2. Female 15+: 1 board (1"x12")
3. Male 15+: 2 boards (1"x12")
4. Boards are provided by IMAS with the test fee.

6. 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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