

**MIDTERM & TESTING REQUIREMENTS
FOR REGIONAL, NATIONAL AND INTERNATIONAL ATA EVENTS**

All National & World, Rank & Midterm Testing registrations are ONLY AVAILABLE VIA ONLINE REGISTRATION. See instructions below.

Nationals, Spring or Fall - To register go to:
atamartialarts.com > EVENTS > Fall or Spring Nationals (click on appropriate event title) > **scroll down to see and** click on the Midterm / Testing Register button > click on submit after completing form > submit payment. UNPAID applications will be void and will NOT be reviewed toward participation.

ATA Worlds - To register go to:
atamartialarts.com > EVENTS > choose Worlds (click on event title) > **scroll down to see and** click on the Midterm / Testing Register button > click on submit after completing form > submit payment. UNPAID applications will be void and will NOT be reviewed toward participation.

REGISTRATION SUBMISSION & PROCESSING

Registration Opening & Closing Dates:

EVENT NAME	REGISTRATION OPENING DATE	REGISTRATION CLOSING DATE	INITIAL TEST APPLICANT	RE-TEST APPLICANT	MIDTERM APPLICANT
Spring Nationals Feb / Mar events	August 15	October 15	* 3BD & 4BD		
	August 15	On – site (late fees apply)	1BD – 2BD	All Ranks	All Ranks
Spring Nationals April event	September 15	November 15	* 3BD & 4BD		
	September 15	On – site (late fees apply)	1BD – 2BD	All Ranks	All Ranks
Worlds	November 15	January 15	* 3BD – 7BD		
	November 15	On – site (late fees apply)	1BD – 2BD	All Ranks	All Ranks
Fall Nationals	February 15	April 15	* 3BD & 4BD		
	February 15	On – site (late fees apply)	1BD – 2BD	All Ranks	All Ranks

***Initial Test applicants: Applications will NOT be accepted after the registration closing date!**

Submit Status Requests via this link: <https://ataonline.wufoo.com/forms/high-rank-test-status-request/>
Email requests will NOT be accepted.

Processing Policy:

A. Midterm: ALL Ranks

- ◆ **See page 1 for online registration submission date information.**
- ◆ Registration deadline date is posted on the registration form for each event.
- ◆ Midterm registrations are subject to denial.
- ◆ Approval / denial letters will go out 5-10 business days after submission of registration.
- ◆ 1/1/2022: 4BD and above earning their rank in 2022 or later may receive credit for only one successful midterm per year.
- ◆ Midterm Fees:
 - \$100.00 per event – Registering no later than the posted deadline date
 - \$150.00 per event – Registering 29 - 8 days prior to the event test date
 - \$200.00 per event – Registering 7 days prior to the event test date or on site

B. Rank Test: Holding current rank 1BD – 2BR – 2BD – 3BD & Retest ALL ranks:

- ◆ **See page 1 for on-line registration submission date information.**
- ◆ Registration deadline date is posted on the registration form for each event.
- ◆ Rank Test registrations are subject to denial.
- ◆ 1st Review: Approval / denial letters will be sent 5-10 business days after submission of registration.
- ◆ **2nd Review - missing items: Applicants will be reviewed on posted deadline date. Applicants will be denied if 2nd review still shows missing items. This review is final.**

Test Fees:

- ◆ \$200.00 per event – Registering no later than the posted deadline date
- ◆ \$250.00 per event – Registering 29 - 8 days prior to the event test date
- ◆ \$400.00 per event – Registering 7 days prior to the event test date or on site

C. Rank Test - Initial registration: Holding current rank 4th Deg – 7th Deg:

- ◆ **National & World Registration must be submitted to ATA Headquarters according to the Registration Opening and Closing Dates listed on page 1. Late registrations will not be accepted.**
- ◆ Registrations received after event Registration Closing Date will be DENIED.
- ◆ **See page 1 for on-line registration submission date information.**
- ◆ 1st Review: Initial Approval / denial letters will be sent 5 – 10 business days after submission of registration.
- ◆ 2nd Review is done the day following the deadline date: **All testing requirements must be met OR be in house by the events posted deadline date. Applicants will be reviewed on posted deadline date. Applicants will be denied if 2nd review still shows missing items. This review is final.**
- ◆ **Submit status requests via this link: <https://ataonline.wufoo.com/forms/high-rank-test-status-request/>**
- ◆ Test Fees:
 - Initial Test: \$200.00
 - Retests: See Section B above.
 - For Initial Test & Re-test location/authority – see page 10

Midterm Policy:

Rank	Quantity	Passing Score	Note
1BD	2*	In school	
2BD – 3BD	3	7	
4BD – 5BD	3	7 / 8	See note below
6BD – 7BD	4	7 / 8	See notes below
8BD	4	7	See phase in below

* 2 midterms are suggested for 1BDs, but Licensees may set whatever requirement they feel is appropriate

For approved locations and Judge authority requirements see page 10

◆ **8th Degree Black Belt Midterms:**

- 8th Degree Midterms – Midterm requirement is determined by time in rank completed as of 1.1.2025

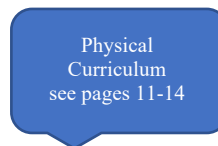
Requirement	Phase-in
8BD Midterms	<ul style="list-style-type: none"> • If you have 0-1 years of time in rank as of January 1, 2025, you must pass 4 midterms • If you have 2-3 years of time in rank, you must pass 3 midterms • If you have 4-5 years of time in rank, you must pass 2 midterms • If you have 6-7 years of time in rank, you must pass 1 midterm • If you have 8 or more years of time in rank, you must pass 0 midterms

◆ **Passing Midterm Scores:**

- 4BD – 7BD: Midterms done before 10/22/2021 – passing score is 8
- 4BD – 7BD: Midterms done on or after 10/22/2021 – passing score is 7
- 8BD: Midterms done on or after 1/1/2025 passing score is 7
- As of 1/1/2022 4BD and above earning their rank in 2022 or later may receive credit for only one (1) successful/passing midterm per year.
- For approved locations and judging authority requirements see page 10

Midterm Physical Elements

- ◆ Traditional Form
- ◆ Traditional Free Sparring
- ◆ Traditional Board Breaking
- ◆ Weapon



- A maximum/minimum total of 3 Elements must be performed during midterm test at National or World events.
- Midterm: Weapon curriculum may now “replace” one of the 3 traditional elements for midterm tests. If replacing TKD form - Weapon will be worth a maximum of 4 points
- Replacement must be approved by each student’s Instructor prior to participating in any midterm event.

Rank Testing Requirements By-Rank – National & World events

- **1ST Degree Decided, testing toward 2R Black Belt**
 - Minimum of 1 year of time in rank as a 1D Black Belt
 - Initial test & retest may be done at: In-school / Registered Regional / Nationals & World events
 - Minimum age requirement to participate at a National or World event – 16 yrs. old
 - Minimum of 2 passing midterms with a score of 7 or higher
 - ATA membership/Instructor Certification (if applicable) must be in good standing & current
 - Senior Instructor's approval
 - Board Breaking: Any (1) Hand tech. & Any (1) Kicking technique
 - LICENSEES: ATA & WMA accounts & test results must be up to date/paid in full
 - LICENSEES: Legacy Facilitator status must be current

- **2nd Degree Recommended, testing toward 2D Black Belt**
 - Must pass successfully within 3 testing cycles to 2D Black (Instructor may take student back to 1D Black)
 - Initial test & retest may be done at: In-school / Registered Regional / Nationals & World events
 - Minimum age requirement to participate at a National or World event – 16 yrs. old
 - ATA membership/Instructor Certification (if applicable) must be in good standing & current
 - Senior Instructor's approval
 - Board Breaking: Any (2) Hand tech. & Any (1) Kicking technique
 - LICENSEES: ATA & WMA accounts & test results must be up to date/paid in full
 - LICENSEES: Legacy Facilitator status must be current

- **2nd Degree Decided, testing toward 3rd Degree Black Belt**
 - Minimum of 2 years of time in rank as a 2D Black Belt
 - Initial test & retest may be done at: In-school / Registered Regional / Nationals & World events
 - Minimum age requirement to participate at a National or World event – 16 yrs. old
 - Minimum of 3 Passing midterms with a score of 7 or higher
 - ATA membership/Instructor Certification (if applicable) must be in good standing & current
 - Senior Instructor's approval
 - Board Breaking: Any (2) Hand tech. & Any (1) Kicking technique
 - LICENSEES: ATA & WMA accounts & test results must be up to date/paid in full
 - LICENSEES: Legacy Facilitator status must be current

- **3rd Degree, testing toward 4th Degree Black Belt**
 - Minimum of 3 years of time in rank as a 3rd Degree Black Belt
 - Initial test & retest may be done at: In-school, Registered Regional, National & World events
 - **In school/Regional testing: Prequalification Application submission to ATA HQ is required a minimum of 60 days prior to initial testing.**
 - National & World Test App. must be submitted to ATA HQ 6 months prior to testing
 - Minimum of 3 Passing midterms with a score of 7 or higher
 - Level 1 Legacy Program status or higher
 - Must be 18 yrs. of age or older
 - ATA membership/Instructor Certification (if applicable) must be in good standing & current
 - Senior Instructor's approval
 - Board Breaking: Any (1) Hand tech. & Any (2) Kicking techniques
 - LICENSEES: ATA & WMA accounts & test results must be up to date/paid in full
 - LICENSEES: Legacy Facilitator status must be current

Basic Testing Requirements: 4th Degree Black Belt to 8th Degree Black Belt

Rank	Age	Min Title	Level 3 Instructor	Time in Rank	Passing ¹ Midterms	Personal Development Points	Outside of USA Canada Personal Development Points	Tourn. Judging Points ^{2,3}	Lineage ⁴	Instructor's Approval
4BD Test to 5BD	22	-	✓	4 Yrs.	3	16	8	140	-	✓
5BD Test to 6BD	27	-	✓	5 Yrs.	3	20	10	175	-	✓
6BD Test to 7BD	33	Master	✓	6 Yrs.	4	24	12	210	-	✓
7BD Test to 8BD	40	Master	✓	7 Yrs.	4	28	14	245	-	✓
8BD Test to 9BD	48 at time of invite	Chief Master	✓	8 Yrs. at time of invite	4	32	16	280	3	Invitational Only

¹ Midterm Passing score is 8 if completed before 10.22.21. Passing score is 7 for midterms done after 10.22.21.

² Outside of US/Canada: Judging Points are not currently required, but approval by the Masters' Council for the member's region (Latin America, Europe, etc.) is required. For regions that do not have a regional Masters' Council, the ATA Masters' Council must approve applications to test after considering recommendations by seniors in the region

³ These judging credit numbers have been determined through a thorough analysis of current data. We will continue to collect and evaluate this data over the next three years, and adjustments may be made based on any findings.

⁴ See pages 16 for definition of Lineage Requirements.

Special Note – See pages 7 - 15 for additional rank testing policy & phase-in details.

◆ **4th Degree, testing toward 5th Degree Black Belt (additional requirements)**

- See Chart on top of page 5 for Basic Requirements
- Initial test & retest may be done at: Registered Regional, National & World events.
- **Regional testing: Prequalification Application submission to ATA HQ required a minimum of 60 days prior to initial testing.**
- National & World Test App. must be submitted to ATA HQ per open/closing/deadlines on page 1
- Instructor Certification must be current & ATA Membership must be in good standing
- Board Breaking: Any (2) Hand tech. & Any (2) Kicking techniques
- LICENSEES: ATA & WMA accounts & test results must be up to date & paid in full
- LICENSEES: Legacy Facilitator status must be current

Title Requirements; see Pages 14-16

◆ **5th Degree, testing toward 6th Degree Black Belt (additional requirements)**

- See Chart on top of page 5 for Basic Requirements
- Initial testing must be at a World event, Panam Congress or European Camp. Pre-approval must be received from ATA HQ for all 3 events. Retest may be done at a registered Regional, National or World event, Panam Congress or European Camp.
Registered Regional events - Must have an ATA Grand Master or Master Council Member and a second judge at least 8BD in rank present and on the testing panel. See page 10 for Panam Congress and Europe Camp Testing authority requirements.
- Initial Testing Application must be submitted to ATA HQ per open/closing/deadlines on page 1
- Instructor Certification must be current & ATA Membership must be in good standing
- Board Breaking: Must be submitted & approved by the Grand Master before testing
- LICENSEES: ATA & WMA accounts & test results must be up to date & paid in full
- LICENSEES: Legacy Facilitator status must be current

◆ **6th Degree, testing toward 7th Degree Black Belt (additional requirements)**

Title
Requirements;
see
Pages 14-16

- See Chart on top of page 5 for Basic Requirements
- Initial testing can be at a World event, Panam Congress or European Camp. Pre-approval must be received from ATA HQ for all 3 events. See page 10 for Panam Congress and Europe Camp Testing panel authority requirements.
- Initial Testing Application must be submitted to ATA HQ per open/closing/deadlines on page 1
- Instructor Certification must be current & ATA Membership must be in good standing
- Board Breaking: Must be submitted & approved by Grand Master before testing
- LICENSEES: ATA & WMA accounts & test results must be up to date & paid in full
- LICENSEES: Legacy Facilitator status must be current

◆ **7th Degree, testing toward 8th Degree Black Belt (additional requirements)**

- See Chart on top of page 5 for Basic Requirements
- Initial testing can be at a World event, Panam Congress or European Camp. Pre-approval must be received from ATA HQ for all 3 events. Retest at a National or World event. See page 10 for Panam Congress and Europe Camp Testing panel authority requirements.
- Initial Testing Application must be submitted to ATA HQ 6 per deadlines posted on page 1
- Instructor Certification must be current & ATA Membership must be in good standing
- Board Breaking: Must be submitted & approved by the Grand Master before testing
- LICENSEES: ATA & WMA accounts & test results must be up to date & paid in full
- LICENSEES: Legacy Facilitator status must be current

◆ **Steps to becoming a 9th Degree**

- The Presiding Grand Master and the Grand Masters who are members of the Masters' Council will review all eligible Chief Masters and propose candidates, who must then be approved by the Masters' Council
- Candidates who have been approved by the Masters' Council will be invited to participate in a review period, which will include mandatory training sessions
- Candidates who successfully complete the review period and earn approval will receive a formal invitation to test
- See Chart on top of page 5 for Basic Testing Requirements and pages 7 - 14 for additional details
- After receiving invitation, the invitee has 30 days to fill out the formal application
- Official Martial Arts Testing Demonstration is done at World's – a minimum of one year after approval by the Master Council

Phase-in timeline for all new updates for Testing Requirements

Anyone earning 4th Degree or above on or after January 1, 2025, will be required to fulfill the new requirements before testing for their next rank. Any 4th Degree or above who earned their rank before January 1, 2025, will be subject to the requirements described in the Phase-in column of each table below.

Personal Development Points & Phase-in Process

Requirement	Phase-in
Personal Development Points (US/Canada)	4 Personal Development Points awarded for each Accredited National Participation Event Credit earned prior to January 1, 2025
Personal Development Points (outside of US/Canada)	2 Personal Development Points awarded for each year of time in rank prior to January 1, 2025

How to earn Personal Development Points beginning January 1, 2025		
International/ National Events	Seminars (not competition) at Spring Nationals, Fall Nationals, Worlds, PanAm Congress, European Camp, South African Camp. Also Korea Trip, Athlete Development, ATA Max Gathering, Camp Jahng Soo and any other camp hosted by ATA Headquarters and designated as eligible for Personal Development Points	Total of 2 points per Event
Regional Events	Business Playbook (Karate Atlanta, Vision, etc.), regional seminars offered by ATA Headquarters, and Regional Camps approved in advance by ATA Headquarters for Personal Development Points. You can only earn points for a maximum of one Regional Event per year	Total of 2 points per Event
Members teaching at or hosting International/National and Regional Events will receive Personal Development Points equal to those participating in the events.		

Tournament Judging Points & Phase-in Process

Requirement	Phase-in
Judging Points for 4 th Degrees – 7 th Degrees	1 Judging Point will be awarded for every 2 Leadership Points earned prior to January 1, 2025
Judging Points for 8 th Degrees	<ul style="list-style-type: none"> • If you have 0-1 years of time in rank as of January 1, 2025, you need 280 Points • If you have 2-3 years of time in rank, you need 175 Points • If you have 4-5 years of time in rank, need 105 Points • If you have 6-7 years of time in rank, you need 35 Points • If you have 8 or more years of time in rank, you need 0 Points

How to earn Tournament Judging Points beginning January 1, 2025	
Regionals	3 points per ring*
Districts	3 points per ring*
Nationals	5 points per ring*
Worlds	7 points per ring*
<p>RTTLs and others whose ATA-related responsibilities keep them from judging (tournament personnel, seminar instructors or presenters, or people staffing booths in support of the ATA) will earn points as if they were judging.</p> <p>If you have volunteered to judge but are not assigned a specific ring you will still be awarded judging points.</p> <p>If you are unable to fulfill your judging assignment, you must notify the tournament team and get excused. If you have an unexcused absence from your judging assignment, then the points you would have earned for that assignment will instead be deducted from your record.</p> <p>* Because special abilities rings often have only 1-2 competitors, the number of Judging Points you may earn for special abilities rings are limited as follows: 6 points maximum per day at Regionals or Districts, 5 points maximum per day at Nationals, and 7 points per day at Worlds.</p>	

Rank Advancement Passing Score – per applicant’s current rank

- 3BD: Minimum Passing score is 7 to advance to 4BD
- 4BD – 7BD Minimum Passing score is 8 to advance to next rank.
- Initial Test & Re-Test Policy - see page 12
- When rank testing – If you do not break all boards & all stations within 3 attempts you will receive a No Change. **For approved locations and judging authority requirements see page 10**

Rank Test Physical Performance Elements

RANK TEST – PERFORM 3

- Traditional Form (required)
- Traditional Free Sparring
- Traditional Board Breaking
- Weapon

Physical CC see pages 11-14

- A maximum/minimum total of 3 Elements must be performed during a rank test at National or World events.
- When rank testing - Presentation of Traditional Songahm Taekwondo Form is required.
- When rank testing – Weapon may ONLY replace traditional Sparring or Board Breaks. Members must have their Instructors approval, for replacement, prior to participation.
- Men and women 60 and older may go down one color for boards (women - green, men - blue).

Midterm and Rank Test - Score by Elements:

Element	Min – Max Score	Attributes to Judge
Taekwondo Form	0 - 4	Eye Contact/Focus, Proper Technique, Balance, Speed, Power, Rhythm & Presentation, Timing
Protech Form	0 – 3	Eye Contact/Focus, Proper Technique, Balance, Speed, Power, Rhythm & Presentation, Timing
If replacing TKD Form	0 – 4 (midterm only)	Eye Contact/Focus, Proper Technique, Balance, Speed, Power, Rhythm & Presentation, Timing

Free Sparring	0 - 3	Reading Opponent, Defense, Offense, Timing, Setting-up/Fakes, Endurance
Board Breaks * See NC policy below	0 - 3	3 – all boards broken on first attempt, 2 – all boards broken on second attempt 2 – all boards broken on third attempt 0 – none or partial break

No Change policy - Board Breaks when Rank Testing:

If you do not break all boards & all stations within 3 attempts when rank testing – you will receive a No Change.

Approved Locations and Authority for Midterms

Current Rank	In-School	Regional	Nationals	Eurocamp or Panam	Worlds	Min. Judge Authority
1D Black Belt	X	X	X ¹	X	X ¹	Two 3 rd Degrees
2R Black Belt	X	X	X ¹	X	X ¹	Two 4 th Degrees
2D Black Belt	X	X	X ¹	X	X ¹	Two 4 th Degrees
3 rd Degree Black Belt	X	X	X ¹	X	X ¹	Two 5 th Degrees
4 th Degree Black Belt ²		X ³	X	X	X	Two 6 th Degrees
5 th Degree Black Belt ²		X ³	X	X	X	Two 7 th Degrees
6 th Degree Black Belt ²		X ³	X	X	X	Two 8 th Degrees
7 th Degree Black Belt ²		X ³	X	X	X	National or World Judges Panel ⁴
8 th Degree Black Belt ²			X	X	X	National or World Judges Panel ⁴

Notes:

¹ Minimum age requirement to participate in a National or World midterm is 16 years old.

² 4BDs and above earning their rank in 2022 or later may receive credit for only one (1) successful midterm per year.

³ For 4BDs and above, midterms or rank tests at Regional Events will be void if host did not pre-register the Regional Event date. Regional host must contact ATA HQ School Operations Department to register an event date 60 days prior to the event. Host must secure appropriate judging authority according to rank participation (see chart above). Participation will be void if host does not pre-register the event.

⁴ 7BD & 8BD midterm at Regional Event requires one 8BD judge and one Grand Master or Master Council member on the testing panel. Panam & European Event may have promotional authority judge on the panel via Zoom.

⁵ To have full promotional authority, the judging panel at a National or World event must have a minimum of 5 Master Council Members.

Approved Locations & Authority for Initial Rank Test & Re-Testing

Current Rank	Test For	In School	Regional	Nationals	Eurocamp or Panam	Worlds	Min. Judge Authority
1D Blk.	2R Blk.	X	X	X ¹		X ¹	One 4 th Degree
2R Blk.	2D Blk.	X	X	X ¹		X ¹	One 4 th Degree
2D Blk.	3 rd Deg.	X	X	X ¹		X ¹	Two 5 th Degrees
3 rd Deg.	4 th Deg.	X ²	X ^{2,3}	X	X ²	X	Two 6 th Degrees
4 th Deg.	5 th Deg.		X ^{2,3}	X	X ²	X	Two 7 th Degrees
5 th Deg.	6 th Deg.		Re-test only ^{3, 4}	Re-test only	First Test Re-test ²	First Test Re-test	National or World Judges Panel ^{5, 6}
6 th Deg.	7 th Deg.			Re-test only	First Test Re-test ²	First Test Re-test	National or World Judges Panel ^{5, 6}
7 th Deg.	8 th Deg.			Re-test only	First Test Re-test ²	First Test Re-test	National or World Judges Panel ^{5, 6}

Notes:

¹ Minimum age requirement to participate in a National or World testing is 16 years old

² You must submit a prequalification application to ATA HQ and receive approval before testing or re-testing at these events

³ Registering a Regional test/midterm event:

Regional host must contact ATA HQ School Operations Department to register an event date 60 days prior to the event. Host must secure appropriate judging authority according to rank participation (see chart above). Participation will be void if host does not pre-register the event.

PREQUALIFICATION APPLICATION: Licensees - Find the application link via AMA > School Operations Documents > Testing Documents > scroll down to appropriate year, click to open.

⁴ You may re-test for 6th Degree at a Regional Event if the testing panel includes at least one 8th Degree and at least one Grand Master or Masters' Council member

⁵ To have full promotional authority, the judging panel at a National or World event must have a minimum of 5 Master Council Members.

⁶ Panam/Eurocamp Testing authority (judges may appear via Zoom):

- 5BD testing for 6BD: Judging panel must include a minimum of two Chief Masters, and both must be members of the Songahm Masters' Council, the Latin America Masters' Council or the European Masters' Council
- 6BD testing for 7BD: Judging panel must include a minimum of one Grand Master and one Chief Master, and the Chief Master must be a member of the Songahm Masters' Council, the Latin America Masters' Council or the European Masters' Council
- 7BD testing for 8BD: Judging panel must include two Grand Masters

PREQUALIFICATION APPLICATION: Licensees - Find the application link via AMA > School Operations Documents > Testing Documents > scroll down to appropriate app, > click to open

Taekwondo Form Curriculum Requirement – Regional, National & World Events:

RANK	FORM
1st Degree Decided & 2nd Recommended	Shim Jun Poome-Sae
2nd Degree Decided	Jung Yul Poome-Sae
3rd Degree	Chung San Poome-Sae
4th Degree	Sok Bong Poome-Sae
5th Degree	Chunghae Poome-Sae
6th Degree	Jangsoo Poome-Sae
7th Degree	Chul Joon Poome-Sae
8th Degree	Jeong Seung Poome-Sae
9th Degree	Dong Seung Poome-Sae

- When rank testing - Presentation of Traditional Songahm Taekwondo Form is required.
- When rank testing – Weapon may ONLY replace traditional Sparring or Board Breaks. Members must have their Instructors approval, for replacement, prior to participation.

Free Sparring Requirements:

- 2 Rounds
- 1 Minute per round

Protective Gear Required when free sparring:

- Head gear with face shield
- Chest protector
- Hand/feet guards
- Mouth Guard
- Groin cup (men)
- When applicable, protective gear worn under the uniform, i.e. groin cup, should be donned prior to competition.
- Students may wear other ATA-approved protective gear (e.g. shin/forearm guards, knee pads, etc.).

Board Break Requirements – Regional, National & World Events:

1 st Degree Black Belt Recommended	Any (1) Hand technique & any (1) Kicking technique
1 st Degree Black Belt Decided	Any (1) Hand technique & any (1) Kicking technique
2 nd Degree Black Belt Recommended	Any (2) Hand techniques & any (1) Kicking technique
2 nd Degree Black Belt Decided	Any (2) Hand techniques & any (1) Kicking technique
3 rd Degree Black Belt	Any (1) Hand technique & any (2) Kicking techniques
4 th – 8 th Degree Black Belt	Any (2) Hand techniques & any (2) Kicking techniques

- Combination, continuous or repeat techniques are considered one (1) technique. For example, a 3rd Degree Black Belt must perform two (2) Kicking techniques. A “front kick-side kick” combination would only count as one of the two Kick requirements. In this case, both boards must be broken together (consecutively in the same attempt) for the combination to be successfully performed. If either is missed both must be reset for the next attempt.

Worlds / Nationals / Regional Events Board Breaking Rules:

- Techniques used for board breaking attempts shall be the student's choice with Instructor approval. Instructors should continue to offer professional guidance for students in choosing techniques with which to break, but specific techniques are not required by the ATA. Early in the testing cycle, students should select techniques and practice them diligently under their instructor's supervision.

Breaking in Succession Rule: <https://ata.wistia.com/medias/3jif82nza5>

- To be considered a complete break, all boards must be broken in succession (first to last).
- If at any time you do not break a board, you must stop immediately and not continue to the next board. Any boards that have been broken must be reset and broken again. **Example:** If in a 4-station break you break all but the 4th board, you must reset the other 3 boards and make another attempt.
- When resetting boards that you have broken, the holders must slam them on the floor to ensure there are no gaps.

Board Setup Distance Rule: <https://ata.wistia.com/medias/65wh35qgwv>

- You MUST set up the stations close enough to each other so that you do not take more than a double step to reach each board.
- Breaks should flow smoothly from one to the other and should be performed in a combative style.
- NOT COVERED IN VIDEO – If the judge deems the stations too far apart, the break will be counted as a failed attempt, and you will be required to break all stations again.

Gear Requirement Rule: <https://ata.wistia.com/medias/tlhfytkj43>

- These rules are for participants at Spring Nationals, Fall Nationals and Worlds events, requiring the minimum age of 16 for participation. Students under that age will follow their instructor's guidance for registered regional and in school testing events.

- If you are 60 years of age or older, you ARE permitted to wear safety gear when breaking.
- If you are 59 years of age or younger participating at a registered Regional, National or Worlds event, you are NOT permitted to wear safety gear when breaking.
 - If you feel you require a medical exception to this rule in-order-to perform your break, please first consider selecting techniques that you can safely perform without gear.
 - If you do request a medical exception, you must do so in writing. Before deciding, ATA Headquarters may request medical documentation.
- **NOT COVERED IN THE VIDEO** – Board holders are only required to wear their helmet with face shield and chest protector when holding. All other gear is optional.

Board Color Requirements Rule: <https://ata.wistia.com/medias/oirman8pzn>

- Males 59 years of age or younger are required to break brown boards.
- Males 60 years of age or older can break either brown or blue boards
- Females 59 years of age or younger are required to break blue boards
- Females 60 years of age or older can break either blue or green boards
- If you attempt to break something above your minimum requirements and are not successful, you will be required to stay with that choice for the remainder of your attempts at that testing/mid-term.

Board Breaking Scoring Rule: <https://ata.wistia.com/medias/4ek4k1nvw3>

- A “Completed Break” is defined as breaking all stations in succession during a single attempt.
- Completed Break – First Attempt = 3 Points
- Completed Break – 2nd Attempt = 2 Points
- Completed Break – Third Attempt = 2 Points
- Any boards left unbroken = 0 Points

Bowing In & Out Procedure: <https://ata.wistia.com/medias/4ocdtve63o>

- It is traditional to ask permission before breaking. In addition to providing structure for this element of testing, it ensures that the judges are focused on your presentation and are ready to score you.
- Stand close to your first station
- When the floor conductor bows you in...
 - Attention
 - Bow
 - Loud “ATA”
 - Raise your supported right hand
 - Feet together
 - Hand higher than your head
 - Supported hand under chin so it does not obstruct your voice
 - Announce name/ask permission: “Scott Skiles, permission to break, first attempt, sir/ma’am!”
 - *There is NO NEED to announce the names of the techniques you are planning to perform.*
- When given permission
 - Once you are bowed in, you may not touch the boards. If the board holders move a board, immediately raise your hand, wait to be acknowledged by the judge and ask to readjust the board. You will then repeat the bow in procedure
 - Bow
 - Reply “Thank you sir/ma’am”
 - Take position and break
- After you break Come to attention
 - Bow and say “Thank you sir/ma’am”

- Immediately turn to face all your holders, bow and thank them. Please refrain from shaking their hands immediately after you break. This approach will keep the testing moving efficiently. Once everyone has finished breaking, you are encouraged to shake hands with the holders.
- Replace the next person to break (helmet/face shield & chest guard are required when holding boards)

Bowing In & Out – Resetting Boards Procedure: <https://ata.wistia.com/medias/785pgjrset>

- Once you have bowed in, you may not touch the boards. Touching the boards in any way without asking to readjust first will count as an attempt. If the board holders have moved a board while you were bowing in, immediately raise your hand, wait to be acknowledged by the judge and ask to readjust the board. You will then repeat the bow-in procedure to break.

Board Setup Time Procedure: <https://ata.wistia.com/medias/c45td3qdyb>

- Demonstrate how prepared you are by not taking an extended amount of time to measure/adjust each station multiple times.
- Checking the height, distance, and positioning of your board stations more than one to two times is not encouraged.

Judging Expectation Procedure: <https://ata.wistia.com/medias/0ojw9zupqz>

- Judges are not permitted to change elements of someone’s board breaks such as board height, technique selection etc. Any questions or concerns regarding these topics should be noted on the back of the score sheet and brought to ATA HQ staff immediately after testing.
- Judges are encouraged to keep the safety of everyone involved in mind. Loose boards, or dramatic size differences between breakers and holders are just two examples.
- The only judge who should be communicating with the participants is the one whom the senior rank at the table has designated for board breakers to address when asking permission to break.

Board Positioning Tip: <https://ata.wistia.com/medias/hvqdiqiyy7>

- Although it is not mandatory that you avoid positioning your board holders with their backs to the judges, you are strongly encouraged to position them so that the judges who are directly in front of you can see the boards.

Board Break Setup – Stations vs Attackers Tip: <https://ata.wistia.com/medias/8ee5x9ltau>

- Regardless of the number of boards you are required to break, it is not required that they be positioned as if they are separate attackers. Boards can be placed close together as if striking the same attacker multiple times in succession.
- When selecting techniques to break with, consider combinations that can be done in rapid succession and can be performed in close proximity.

Instruction vs Encouragement Tip: <https://ata.wistia.com/medias/pvh3gr7hcw>

- Holders should refrain from giving any instructions on how to set up, or from making adjustments while someone is breaking or preparing to break.
- Holders are encouraged to motivate board breakers with encouraging comments like “You got this!”, “Smash them!”, etc.

ATA Suggested Techniques (by Rank) for Board Breaking – Regional, Nationals & Worlds:

1 st Degree Black Belt Recommended	Any previous technique or Reverse Elbow, Reverse Palm Heel, Reverse Punch, Jump Front Kick, Reverse Side Kick, or Step Forward Reverse Side Kick
1 st Degree Black Belt Decided	Any previous technique or Back Elbow, Upset Knife hand or Jump Reverse Side Kick
2 nd Degree Black Belt Recommended	Any previous technique or Hammerfist, #3 Jump Round Kick, Step Forward Jump Reverse Side Kick, or Reverse Hook Kick
2 nd Degree Black Belt Decided	Any previous technique or Upset Hammerfist, Backfist, #3 Jump Axe Kick, Step Forward Spin Hook Kick, #2 Jump Round Kick, or Side Kick-Round Kick continuous
3 rd Degree Black Belt	Any previous technique or Ridge hand, Front Kick-Side Kick continuous, Spin Heel Kick, or Twin Jump Front Kick
4 th Degree Black Belt	Any previous technique or Repeat Punch, Repeat Round Kick, Jump Reverse Side Kick, Jump Spin Side Kick, Jump Reverse Crescent Kick, or Jump Spin Heel Kick (Speed Break)

- To help protect students and their schools, Owners and Instructors should exercise prudent judgment and “err on the side of caution” when deciding whether to allow board break attempts using particular techniques.

Re-breakable Boards:

Blue	Women
Brown	Men

- Men and women 60 and older may go down one color in re-breakable boards; Women to green, Men to blue.

Protective Gear Required when breaking or holding boards:

- Board Holders are REQUIRED to wear the following protective gear: Head gear with face shield & chest protector.
- The use of protective gear while breaking boards is not permitted, except for, men and women, 60 years and older. They may elect to wear protective gear. If one cannot break boards for medical reasons, they may replace board breaking with a Weapons Form or Self Defense Curriculum.

Weapons / Self Defense Curriculum – Regional, National & World events:

RANK	CURRICULUM
1BD	SSJB, SBME, Jahng Bong Mid-Range, Oh Sung Do Level 1, Gum Do Level 1
2BR -2BD	All before and DSJB, DBME, Ssahng Nat, Joint Locks
3BD	All before and Jahng Bong Long-Range, PPCT Spontaneous Knife Defense, Ground Fighting
4BD – 8BD	All before and Sam Dan Bong, Jee Pahng Ee, Gum Do Level 2

- Rank & Midterm participants may select Weapon/Self Defense curriculum that is at their rank or below.
- Rank test participants may REPLACE ONLY sparring or boards with Weapon/Self Defense curriculum that is at their rank or below.
- Midterm participants may choose to do Weapon/Self Defense curriculum in place of TKD Form, sparring, or boards.

Mastership Title Requirements & Phase-in Process:

- ◆ **The Master Title Tae Sah-boo (short e sound in Tae)**
- ◆ **Senior Master Title Bub Sah-boo (short u sound in Bub)**
- ◆ **Chief Master Title Jong Sah-boo (long o sound in Jong)**
- ◆ **Grand Master Title Requirements Dae Sah-boo (long a sound in Dae)**

The Title requirements have been updated to allow everyone the opportunity to earn the title if they meet the requirements. The main changes are Collar Requirements, Lineage, and Awards. With regards to Lineage and Awards the ATA has broadened its definitions to encompass a wider scope of recognition and qualification. This change aims to include more achievements within its official recognition framework, potentially covering a broader range of accomplishments.

Rank	Min. Age	Level 3 Instructor	Time in Rank	Prev. Title Required	Collar Required ¹	Lineage ²	Qualifying Award	PGM & MC Approval ³
Master	28	✓	1 Yr.	-	-	-	-	✓
Senior Master	34	✓	1 Yr.	Master	Blue	3	-	✓
Chief Master	41	✓	1 Yr.	Senior Master	Silver	6	-	✓
Grand Master	50	✓	1 Yr.	Chief Master	Gold	12	✓	✓

¹ Presiding Grand Master MK Lee and the Masters' Council have developed a new path for you to earn blue, silver and gold collars. Instead of basing the collar on your testing numbers in a single year, the new system will base collar award on your cumulative testing numbers throughout your career. This new policy is available to Licensees in the School Operations section of www.atamartialarts.com.

² There is no Lineage requirement for Key Employees. See below for details

³ "PGM & MC" = Presiding Grand Master and Masters' Council

Collar Requirements Phase in for Title Award

Requirement	Phase-in
Collar Requirement for Senior Master Title	<ul style="list-style-type: none"> • If you have 0-2 years of time in rank as a 6th Degree Black Belt as of January 1, 2025, you will need a Blue Collar once you earn your 7th Degree and seek to become a Senior Master • If you have 3 or more years of time-in rank as a 6th Degree Black Belt (or if you are a 7th Degree Black Belt or above) as of January 1, 2025, there is no collar requirement
Collar Requirement for Chief Master Title	<ul style="list-style-type: none"> • If you have 0-2 years of time in rank as a 7th Degree Black Belt as of January 1, 2025, you will need a Silver Collar once you earn your 8th Degree and seek to become a Chief Master • If you have 3 or more years of time in rank as a 7th Degree Black Belt (or if you are an 8th Degree Black Belt or above) as of January 1, 2025, you will need a Blue Collar
Collar Requirement for Grand Master Title	<ul style="list-style-type: none"> • If you have 0-2 years of time in rank as an 8th Degree Black Belt as of January 1, 2025, you will need a Gold Collar once you earn your 9th Degree and seek to become a Grand Master • If you have 3 or more years of time in rank as an 8th Degree Black Belt (or if you are a 9th Degree Black Belt) as of January 1, 2025, you will need a Silver or Gold Collar

Lineage Requirements Phase in for Title Award

Requirement	Phase-in
Lineage for Senior Master Title	<ul style="list-style-type: none"> • If you have 0-1 years of time in rank as a 6th Degree Black Belt as of January 1, 2025, you will need 3 in your lineage once you earn your 7th Degree and seek to become a Senior Master • If you have 2-3 years of time in rank as a 6th Degree Black Belt as of January 1, 2025, you will need 2 in your lineage • If you have 4-5 years of time in rank as a 6th Degree Black Belt as of January 1, 2025, you need 1 in your lineage • If you have 6 or more years of time in rank as a 6th Degree Black Belt (or if you are a 7th Degree Black Belt or above) as of January 1, 2025, you need 0 in your lineage
Lineage for Chief Master Title	<ul style="list-style-type: none"> • If you have 0-1 years of time in rank as a 7th Degree Black Belt as of January 1, you will need 6 in your lineage once you earn your 8th Degree and seek to become a Chief Master • If you have 2-3 years of time in rank as a 7th Degree Black Belt as of January 1, 2025, you will need 4 in your lineage • If you have 3-4 years of time in rank as a 7th Degree Black Belt as of January 1, 2025, you will need 2 in your lineage • If you have 5-6 years of time in rank as a 7th Degree Black Belt as of January 1, 2025, you will need 1 in your lineage • If you have 7 or more years of time in rank as a 7th Degree Black Belt (or if you are an 8th Degree Black Belt or above) as of January 1, 2025, you need 0 in your lineage

Requirement	Phase-in
Lineage for Grand Master Title	<ul style="list-style-type: none"> • If you have 0-1 years of time in rank as an 8th Degree Black Belt as of January 1, you will need 12 in your lineage once you earn your 9th Degree and seek to become a Grand Master • If you have 2-3 years of time in rank as an 8th Degree Black Belt as of January 1, 2025, you will need 11 in your lineage • If you have 4-5 years of time in rank as an 8th Degree Black Belt as of January 1, 2025, you will need 10 in your lineage • If you have 6 or more years of time in rank as an 8th Degree Black Belt (or if you are a 9th Degree Black Belt) as of January 1, 2025, you will need 9 in your lineage

The Lineage Requirement is satisfied by counting the following:

- All Masters in your lineage (traced through their seniority instructors and training instructors). Masters count for your lineage even if they are no longer active. However, if a master has left the ATA and joined another organization, then the Masters' Council has discretion not to count that master as part of your lineage.
- All active licensees in your lineage (traced through their seniority instructors and training instructors).
- All active school or club licenses in your name
- All active licenses for schools or clubs that you owned for at least 5 years before transferring them to a different owner.
- All verified ex-employees with active school or club licenses if the licensee was granted in 2024 or later and the following requirements are satisfied: (a) employment is verified with W-2s or other evidence, (b) the employee worked for you for a minimum of 2 years and (c) no more than 12 months passed from the time of employment to the time the ex-employee became a licensee. The Masters' Council may vote to waive requirement (c) in special circumstances (for example, if your ex-employee goes to college before opening a school or club).

There is no Lineage Requirement for Key Employees, defined as anyone who meets ALL of these requirements:

1. Plays a significant role in the operations of a licensed location
2. Works for a senior who meets the lineage requirements for the title that the Key Employee seeks
3. Has that senior's approval to earn the title

In order for an employee to qualify for the Key Employee exception to the Lineage Requirements, their employer must submit an Online Application for Key Employee and must receive final approval from the Presiding Grand Master and the Masters' Council.

International Awards Requirement for Title Award

Qualifying International Awards

Beginning January 1, 2025, any of the following awards will satisfy the Qualifying Award Requirement for the title of Grand Master:

1. Hall of Fame
2. Any of the following awards if earned in 2022 or later:
 - Songahm Special Service Award
 - Presiding Grand Master Award of Honor
 - Sun Lee Service Award
 - Jahngsoo Award