

# AAU Dan Promotion Test

When:

**January 25, 2015**

Where:

**Atlanta, GA**

Who:

- Current AAU members
- Open to all those testing for 2<sup>nd</sup> Dan - 7<sup>th</sup> Dan
  - Open to all ages
- Open to WTF, ITF, & Tang Soo Do practitioners

**For more information please contact**

**Master Bobby Stone**

[bobby@daculafamilysports.com](mailto:bobby@daculafamilysports.com) or [www.aautaekwondo.org](http://www.aautaekwondo.org) for full packet

**AAU & KUKKIWON certification available**

## Dear Taekwondo Instructors,

It is with great excitement that I write to inform you that the AAU Region 3 has organized an AAU Dan Promotion Test to take place on January 25, 2015. The main purpose of this Regional Promotion Test is to provide an opportunity for Taekwondo practitioners who have not been tested for their next promotion in rank, or would like their current rank recognized by the AAU Dan Certification program. In addition, those seeking to attain or advance in KUKKIWON certification will also have that opportunity. Most importantly, this examination will allow us to further promote the spirit of Taekwondo through the AAU Taekwondo program. **This is an opportunity to certify with top level Dan certifiers of both AAU & Kukkiwon.** Please review the guidelines listed below and file your application as soon as possible. We look forward to working closely with each of you to make this promotion test a great success for all of you.

Respectfully,

*Robert E. Stone*

6<sup>th</sup> Dan AAU

6<sup>th</sup> Dan Kukkiwon

AAU Region 3, Georgia District Chair

### **2015 AAU DAN TEST GUIDELINE**

- **Schedule & Location**

**SPECIAL PROMOTION TEST:**

**Atlanta: 1/25/2015** 144 Broad Street Dacula GA 30019

- **Testing Board**

**Master Kathy Wiczerza 7<sup>th</sup> Dan AAU & Kukkiwon Nashville, TN**

**Master Robert Stone 6<sup>th</sup> Dan AAU & Kukkiwon Atlanta, GA**

Others TBA

- **Qualification**

**1. Individuals who hold non-AAU or non-KUKKIWON Dan certificate (National/Kwan/private):**

If you do not hold a current AAU certificate, but have another Taekwondo Dan certificate, you may apply to test for the equivalent rank of the **AAU Dan certificate** or test for your next rank and receive **AAU rank**. You may also apply for 1<sup>st</sup> Dan KUKKIWON rank.

**2. Individuals who currently hold AAU or KUKKIWON Dan certificate:**

If you currently hold AAU or KUKKIWON certification, but for various reasons have not tested for many years, you may now attempt to advance your rank. However, minimum time and age requirements for the promotion test shall be followed (See the below table).

\*\*Individuals testing for AAU or KUKKIWON promotion in rank must have current AAU or KUKKIWON certificate and be eligible both in time and rank for the next level. **“SKIP DAN” PROMOTION IS NOT POSSIBLE**

<b>Poom/Dan</b>	<b>Minimum time required</b>	<b>Age limits</b>
1 <sup>st</sup> to 2 <sup>nd</sup> Dan	1 year	
2 <sup>nd</sup> to 3 <sup>rd</sup> Dan	2 year	
3 <sup>rd</sup> to 4 <sup>th</sup> Dan	3 year	21 years and older
4 <sup>th</sup> to 5 <sup>th</sup> Dan	4 year	25 years and older
5 <sup>th</sup> to 6 <sup>th</sup> Dan	5 year	35 years and older
6 <sup>th</sup> to 7 <sup>th</sup> Dan	6 year	41 years and older

- **How to apply**

**1. The applicant must be a current AAU member in good standing.**

**2. Documents to be submitted:**

- a) AAU and Kukkiwon Application form
- b) A copy of last AAU, KUKKIWON Kukkiwon Dan certificates. If former certification is neither AAU or KKW then a copy of ALL former certificates is required.
- c) jpg. Formatted passport sized 'head shot'—no larger than 300MB
- d) Copy of 2015 AAU membership card
- e) Payment to Dacula Family Sports

**3. Application deadline:      January 18, 2015**

**4. Postal Mail and Questions:**

**Master Robert Stone  
144 Broad Street  
Dacula, GA 30019  
Tel: (770) 237-2121  
Email: [bobby@daculafamilysports.com](mailto:bobby@daculafamilysports.com)**

## 5. Fees

All applicants will be charged a flat testing fee of \$250.00. AAU or Kukkiwon certification fees will be in addition.

Rank	AAU & KKW FEE (ea.)
2 <sup>nd</sup> Dan	\$150.00
3 <sup>rd</sup> Dan	\$200.00
4 <sup>th</sup>	\$250.00
5 <sup>th</sup>	350.00
6 <sup>th</sup>	400.00
7 <sup>th</sup>	500.00

**Payable to: Dacula Family Sports via money order or credit card**

**Examples of payment:**

**Testing for 3<sup>rd</sup> Dan AAU \$200 testing fee, \$250.00 testing fee Total \$\$450.00**

**Testing for 3<sup>rd</sup> Dan AAU & Kukkiwon, \$200.00 AAU Certification, \$200.00 Kukkiwon, \$250 testing fee Total \$650.00**

In considering an application for re-certification of current rank, the AAU Board of Examiners will recognize, on a one for one basis, the following Dan Certificates: WTF and ITF, USTF. All others will be considered on an individual basis. Please note, better than 99% of previously offered certificates have been accepted. Our primary concern is time IN rank and total training time – not where the certificate came from.

**6. Testing Criteria** - The testing criteria may differ somewhat by style, however, in order to provide promotional consistency, a student must demonstrate in four (4) of the following categories with patterns being mandatory.

- **Patterns** - The student should be tested thoroughly enough that the judging panel is confident that the student knows the movements of all patters learned, in the style, through their current rank.
- **Technical/Knowledge** - The tester must demonstrate during the test, physically or verbally, that they have sufficient technical knowledge to merit their new rank.
- **Breaking** - The tester must demonstrate the application of technique to generate power in a form appropriate to their rank.
- **Free Sparring** - The tester must demonstrate an adequate ability to apply his/her knowledge in a free sparring situation with someone his own rank and/or above.
- **Self-Defense Demonstration**

## **Testing Outline**

- 1. Patterns** - It is mandatory that you be prepared to demonstrate all patterns of your style up through your current patterns.
- 2. Technical/Knowledge**
- 3. Breaking** - Please describe below your proposed breaks:  
Technique, Right/Left, and Material Required (Boards only, will be provided)
- 4. Free Sparring** (please describe sparring scenarios, e.g. one-on-one, two-on one, etc.)
- 5. Self-Defense** (generally outline scenario and purpose of demonstration).
- 6. Other**

**Any further questions please email: [bobby@daculafamilysports.com](mailto:bobby@daculafamilysports.com)**



# AAU Taekwondo Dan Certification Application



## Applicant's Information (Use arrow keys, tab, or mouse to move from field to field)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Cell Phone \_\_\_\_\_ Home Phone \_\_\_\_\_ Email: \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Current Age \_\_\_\_\_  
 Mo Day Yr  
 AAU Membership # (**Attach Copy of Current AAU Card**) \_\_\_\_\_ AAU Club Code \_\_\_\_\_

### Promotion in Rank

From  Dan to  Dan Certified by \_\_\_\_\_ His/Her Rank \_\_\_\_\_  
 Original date started TKD training \_\_\_\_\_ Testing date for this promotion \_\_\_\_\_  
 Mo Day Yr Mo Day Yr

### Re-Certification of Rank

Current Dan \_\_\_\_\_ Certified by \_\_\_\_\_ His/Her Rank \_\_\_\_\_  
 Original date started TKD training \_\_\_\_\_ Last Testing Date \_\_\_\_\_  
 Mo Day Yr Mo Day Yr

What style of patterns/forms do you practice?  WTF  ITF  TSD/MDK

Last Dan Certificate: Date Awarded \_\_\_\_\_  
 Mo Day Yr

### Last Dan Certificate issued by: (please complete all that apply)

- AAU Code \_\_\_\_\_ ID # \_\_\_\_\_ Date Issued: \_\_\_\_\_  
 Mo Day Yr
- World Taekwondo Federation (WTF) ID # \_\_\_\_\_ Date Issued: \_\_\_\_\_  
 Mo Day Yr
- International TKD Federation (ITF/USTF) ID # \_\_\_\_\_ Date Issued: \_\_\_\_\_  
 Mo Day Yr
- Other Organization Name \_\_\_\_\_ ID# \_\_\_\_\_ Date Issued: \_\_\_\_\_  
 Mo Day Yr

### Certificates will be mailed to:

School/Association \_\_\_\_\_  
 C/O (Recommender) First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Recommender's Phone \_\_\_\_\_ Recommender's Email \_\_\_\_\_  
 \_\_\_\_\_  
 Instructor's Signature Dan Certifier Signature Certifier ID #

Make checks payable to AAU Taekwondo

Mail paperwork and payment to: Mike Friello, 2434 Troy Rd, Niskayuna, NY. 12309

# 심 사 신 청 서

## Application for Promotion Test

증명사진 1매  
플로 붙이세요

국 적 Nationality (Citizen)	USA	주 소 Address		Tel	518 372-6849	1 ID-size photo attach with paste
				e-mail	<a href="mailto:mfriello@aol.com">mfriello@aol.com</a>	

성 명 Name	이름 First		생년월일 Date of Birth	년 Year		현 단 (품) Current Grade		응심단(품) Dan/Poom applied for	
	Middle			월 Month		단(품)증 번호 Dan Certificate No.		성별 Sex	남 / 여 M / F
	성 Last			일 Day		발 급 일 자 Date of Issue			

본인은 국기원 승단(품) 심사에 응하고자 이에 신청서를 제출합니다.  
I submit this application to the Promotion Board of KUKKIWON for a Promotion Test.

신 청 일 자 :  
Date of application :

신 청 인 : \_\_\_\_\_  
Applicant :

상기자를 국기원 승단(품) 심의에 추천합니다.  
I honestly recommend the above person as a well-qualified applicant for the promotion test of Dan/Poom grades.

국가 country		협회/도장 명 Name of Association/Dojang	AAU TAEKWONDO	추 천 사 범 성 명 Recommended by	Michael D. Friello
협회/도장 주소 Address of Association/Dojang	2434 TROY ROAD			추천사범 단번호 또는 생년월일 Recommender's Dan Certificate No or Date of Birth	
	NISKAYUNA, NY 12309				
Tel/ Fax/ e-mail	518 372-6849/ 518372-6986/ MFRIELLO@AOL.COM				

**국 기 원 장 귀 하**

**To: President  
KUKKIWON(World Taekwondo Headquarters)**

NOTE	<p>1. Name : The name must be printed or typed.</p> <p>2. Dan Certificate No : The current Dan number must be the one given by Kukkiwon or WTF.</p> <p>3. Recommended by : The recommender of applicant should ensure that no false statement will be found in the application, otherwise, the Dan will be nullified even after its issuance and recommender will not be allowed to make further recommendations.</p> <p>4. Applicant who staying abroad shall attach a document to confirm actual residence in the foreign country for more than 6 months.</p>	<p>1. 성 명 : 타자 또는 인쇄체</p> <p>2. 현단증 번호 : 국기원 또는 세계연맹공인단 번호 기록.</p> <p>3. 추 천 사 범 : 공인단 번호 또는 생년월일 기록, 허위사실이 발견시 응심자의 단은 무효이며 추천사범의 추후 추천은 접수치 않음.</p> <p>4. 현지 심사국가의 국적이 아닌 타국적 응심자는 6개월이상 거주를 증명할 수 있는 서류 첨부.</p>
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# AAU Taekwondo Dan Certification



## AAU Taekwondo Dan Holders

Congratulations to the newest AAU Dan Certified Black Belts!

> [Click Here](#) for newest black belts

> [Click Here](#) for current overall list

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Welcome and thank you for considering certifying your (your student's) rank with the AAU Taekwondo Program. Our goal is to provide a fair, consistent and

thorough testing procedure for our members which recognizes and incorporates their differences in style and training methods. We provide an achievable standard in which all AAU certified Black Belts may take pride. Over 4,400 AAU Dan Certificates have been awarded through the AAU Taekwondo Program.

Application found at the bottom of the page. Please read the instructions below first to ensure all necessary paperwork is filed.

Applications for Dan certification must include:

1. Completed AAU Taekwondo Dan Certification Application
2. Copy of current AAU Membership Card
3. Martial Arts Resume:
  - a. Complete chronology of training and promotion history.
  - b. Copies of all previously earned Dan certificates.
4. List of short-term (1-2 years) and long-term (3-5 years) goals.
5. If applying for Dan Promotion to 4th Dan or Higher:
  - a. 4th DAN A thesis on "What Taekwondo Means to Me". Including:
    - Your Teaching Experience
    - Your Teaching Philosophy
  - b. 5th Dan A thesis on Teaching Methodology-How to Teach TKD.
    - Discuss different levels of proficiency (Nov., Int., Adv., and Black)
    - Curriculum: How to establish, what are your priorities, how do you manage
    - Promotions, your expectations of Black Belt, etc.
  - c. 6th Dan "Responsibilities to the Art of Taekwondo"
  - d. In considering an application for 7th Dan or higher, the applicant's service to the AAU Taekwondo Program, and AAU Official's Program will also play a relevant role.
6. Testing/ Certification Fee
7. All applications and fees are to be returned to the AAU Taekwondo National Office

Mike Friello  
2434 Troy Road  
Niskayuna, NY 12309  
518 372-6849



Once certified as an AAU Taekwondo Black Belt, all future certification may only be accomplished through an official AAU Taekwondo Dan Certifier.

**AAU DAN CERTIFICATION**

1. The AAU Taekwondo Dan Certification Program shall consist of two separate processes:
  - a. The re-certification of those AAU athletes who already hold Dan ranking through other national and international Taekwondo organizations as well as their own school certificate.
  - b. The actual testing and certification of AAU registered athletes for promotion to advanced Dan levels.
2. Before testing for advanced levels the individual must be an active member of the AAU for a minimum time frame: 1st - 3rd Dan - 6 mos. 4th Dan and higher - 1 Year.
3. Those applying for AAU Dan certification must meet minimum time requirements both between Dan levels AND combined training time:

Dan Level	Min. Time Between	Total Combined	Minimum Age	(If Promotion) Time as AAU Member
1st Dan	30 Months		8 Years Old	
2nd Dan	1 Years	3.5 Years	10 Years Old	
3rd Dan	2 Years	5.5 Years	13 Years Old	
4th Dan	3 Years	8.5 Years	16 Years Old	1 yr.
5th Dan	4 Years	12.5 Years	20 Years Old	2 yrs.
6th Dan	5 Years	17.5 Years	25 Years Old	3 yrs.
7th Dan	6 Years	23.5 Years	31 Years Old	5 yrs.
8th and 9th Dan	7 - 8 Years		38-39 Years Old	5 yrs.

*i.e. Applicant applying for 4th Dan must have trained a minimum of three additional years since 3rd Dan promotion AND have a minimum of eight and one-half total years in training.*

**4. Dan Certifier:**

In order to serve as an eligible Dan certifier, the instructor must hold the AAU Taekwondo rank of 2nd Dan and be at least 21 years of age. AAU Chartered Clubs whose instructor does not meet these requirements need to contact the National Sport Chairman directly to find out who the nearest eligible Dan Certifier might be. AAU Dan Certification is available to all currently registered AAU clubs and individual registered Black Belts.

Any qualified AAU Dan Certifier may test students for any rank up to one (1) level below his/her AAU rank (i.e. 4th Dan any recommend up to 3rd Dan Level).

Dan Certifier must forward all Dan certification applications to the proper authority within either 30 days of the receipt or actual testing, whichever is later.

Dan Certifier may NOT test anyone outside of their own school or organization for Black Belt without the express written permission of the National Executive Committee.

## 5. National AAU Taekwondo Dan Certification and Test Fees:

Rank Applied For	Certification Fee **
1st Dan	\$100.00
2nd Dan	\$150.00
3rd Dan	\$200.00
4th Dan	\$250.00
5th Dan	\$350.00
6th Dan	\$400.00
7th Dan	\$500.00
8th Dan	\$650.00
9th Dan	\$800.00

Certification fees do not include actual testing fees established by the individual school owner, head instructor, AAU Dan Certifier.

6. In considering an application for re-certification of current rank, the AAU Board of Examiners will recognize, on a one for one basis, the following Dan Certificates: WTF and ITF USTF. All others will be considered on an individual basis. Please note, better than 99% of previously supplied certificates have been accepted. Our primary concern is time IN rank and total training time - not where the certificate came from.

7. Black Belt Testing - The AAU Taekwondo program periodically schedules National Tests. An AAU Club Owner may also submit a request to the Board of Examiners for a "Special" Black Belt testing at a time and place which is mutually agreeable.

A member club may hold its own Black Belt Testing and submit the results to the AAU Board of Examiners for certification under the following circumstances:

1. The judging panel meets the AAU Standard for a Black Belt Testing. A list of the judges and their ranks must be submitted with the testing results.
2. Each Black Belt requesting AAU Dan Certification meet the requirements set out herein and has submitted a complete Dan Certification Application with all attachments and fees.
3. The Chief Instructor of the member club and all qualified members of the judging panel certify that the Black Belt has performed all required aspects of the test and recommend him/her for promotion.

Judging Panel - The Chief Judge of the panel must be an AAU Taekwondo Dan Certifier. In order to promote a student to higher rank, at least one of the judging panel must have sufficient promotional authority and technical knowledge of the applicant's style to recommend promotion.

Testing Criteria - The testing criteria may differ somewhat by style, however, in order to provide promotional consistency, a student must demonstrate in four (4) of the following categories with patterns being mandatory.

- **Patterns** - The student should be tested thoroughly enough that the judging panel is confident that the student knows the movements of all patterns learned, in the style and through their current rank.
- **Technical/Knowledge** - The tester must demonstrate during the test, physically or verbally, that they have sufficient technical knowledge to merit their new rank.
- **Power** - The tester must demonstrate the application of technique to generate power in a form appropriate to their rank.
- **Free Sparring** - The tester must demonstrate an adequate ability to apply his/her knowledge in a free sparring situation with someone his own rank and/or above.
- **Self-Defense Demonstration**

8. Once certified as an AAU Taekwondo Black Belt, future AAU certification may only be accomplished through an official AAU Taekwondo Dan Certifier.

9. The AAU Taekwondo Program also offers member clubs the opportunity to purchase AAU Taekwondo Grade Certificates for use in their schools/clubs.

**Testing Outline**

1. Patterns - It is mandatory that you be prepared to demonstrate all patterns of your style up through your current patterns.
2. Technical/Knowledge
3. Power - Please describe below your proposed breaks:  
Technique, Right/Left, and Material Required (Boards only, will be provided)
4. Free Sparring (please describe sparring scenarios, e.g. one-on-one, two-on one, etc.)
5. Self-Defense (generally outline scenario and purpose of demonstration).
6. Other

**APPLICATION** - Choose one of the following formats. Please save to your desktop, type in the PDF or Excel 2003 file, print out, obtain the necessary signatures and mail to the address provided.

**Adobe Reader Version:**

[Click here to download an adobe acrobat file](#)

**Microsoft Excel 2003** (may not download if you have older version of Excel)

[Click here to download Excel 2003 file](#)

For more information, contact: [Mike Friello](#) (518) 372-6849, or your District Sports Chairperson