



## *AAU Taekwondo Dan Certification*

### **PURPOSE**

*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 intend to provide an achievable standard in which all AAU certified Black Belts may take pride.*

### ***Be sure to include:***

- 1) Completed AAU Taekwondo Dan Certification Application
- 2) Martial Arts Resume:
  - a) Complete chronology of training and promotion history.
  - b) Copies of **all** previously earned Dan certificates.
- 3) List of short-term(1-2 years) and long-term (3-5 years) goals.
- 4) If applying for Dan Promotion to 4<sup>th</sup> Dan or Higher:
  - a) 4<sup>th</sup> DAN A thesis on “What Taekwondo Means to Me”. Including:  
Your Teaching Experience  
Your Teaching Philosophy
  - b) 5<sup>th</sup> 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) 6<sup>th</sup> Dan “Responsibilities to the Art of Taekwondo”
- 5) Testing/ Certification Fee
- 6) All applications and fees are to be returned to the AAU 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.
    - 1) Before **testing** for advanced levels the individual must be an active member of the AAU for a minimum time frame:
      - 1<sup>st</sup> - 3<sup>rd</sup> Dan - 6 mos.
      - 4<sup>th</sup> Dan and higher - 1 Year.
- 2) 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
1 <sup>st</sup> Dan	30 Months		8 Years Old
2 <sup>nd</sup> Dan	1 Years	3.5 Years	10 Years Old
3 <sup>rd</sup> Dan	2 Years	5.5 Years	13 Years Old
4 <sup>th</sup> Dan	3 Years	8.5 Years	16 Years Old
5 <sup>th</sup> Dan	4 Years	12.5 Years	20 Years Old
6 <sup>th</sup> Dan	5 Years	17.5 Years	25 Years Old
7 <sup>th</sup> Dan	6 Years	23.5 Years	31 Years Old
8 <sup>th</sup> and 9 <sup>th</sup> Dan	7 - 8 Years		

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

- 3) Dan Certifier:  
 In order to serve as an eligible Dan certifier, the instructor must hold the AAU Taekwondo rank of 2<sup>nd</sup> 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. 4<sup>th</sup> Dan any recommend up to 3<sup>rd</sup> 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

# AAU DAN CERTIFICATION

4) National AAU Taekwondo Dan Certification and Test Fees:

<u>RANK APPLIED FOR</u>	<u>CERTIFICATION FEE **</u>
1 <sup>st</sup> Dan	\$100.00
2 <sup>nd</sup> Dan	150.00
3 <sup>rd</sup> Dan	200.00
4 <sup>th</sup> Dan	250.00
5 <sup>th</sup> Dan	350.00
6 <sup>th</sup> Dan	400.00
7 <sup>th</sup> Dan	500.00

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

5) 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, USTU, and ITF/USTF. All others will be considered on an individual basis.

6) Black Belt Testing

At least one National Test will be held annually. 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 applicants style to recommend promotion.

# AAU DAN CERTIFICATION

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 moves of all patterns 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.

**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**

- 7) Once certified as an AAU Taekwondo Black Belt, future AAU certification may only be accomplished through an official AAU Taekwondo Dan Certifier.
- 8) The AAU Taekwondo Program also offers member clubs the opportunity to purchase AAU Taekwondo Grade Certificates for use in their schools/clubs.

## Testing Outline

I. **Patterns** - It is mandatory that you be prepared to demonstrate all patterns of your style up through your current patterns.

II. **Technical/Knowledge**

III. **Power** - Please describe below your proposed breaks:

Technique	Right/Left	Material Required (Boards only, will be provided)
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IV. **Free Sparring** (please describe sparring scenarios, e.g. one-on-one, two-on one, etc.)

V. **Self-Defense** (generally outline scenario and purpose of demonstration).

VI. **Other**



# AAU TAEKWONDO DAN CERTIFICATION APPLICATION

(please type or print all information)

Applicant's Name: \_\_\_\_\_  
Last First MI

Mailing Address: \_\_\_\_\_  
Address City, State Zip

AAU Membership # \_\_\_\_\_ AAU Club Code: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Best time to call: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Best time to call: \_\_\_\_\_

Email Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age: \_\_\_\_\_

Profession \_\_\_\_\_ Education: \_\_\_\_\_ High School \_\_\_\_\_ College \_\_\_\_\_

Applying for: (Please check applicable)  Promotion in Rank from \_\_\_\_\_ Dan to \_\_\_\_\_ Dan  Certification of current rank of \_\_\_\_\_ Dan Date Issued \_\_\_\_/\_\_\_\_/\_\_\_\_

Dated started TKD training: \_\_\_\_/\_\_\_\_/\_\_\_\_ New Dan Certificate: Date Tested: \_\_\_\_/\_\_\_\_/\_\_\_\_

Promotion in Rank from: \_\_\_\_\_ Dan to \_\_\_\_\_ Dan Last Rank Certified by: \_\_\_\_\_ His/Her Rank \_\_\_\_\_

Last Dan Certificate: Date Awarded: \_\_\_\_/\_\_\_\_/\_\_\_\_ Tested with what set of patterns/forms: \_\_\_\_\_

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

AAU  Code \_\_\_\_\_ ID Number \_\_\_\_\_

World Taekwondo Federation (WTF)

International Taekwondo Federation (ITF/USTF)

Other  Name of Organization: \_\_\_\_\_

School Certificate # \_\_\_\_\_ School Name: \_\_\_\_\_

For Internal Use Only	
Date Received:	____/____/____
Date Issued:	____/____/____
AAU Processor:	_____
Processor ID #:	_____

### Where to send New Certificate

School/District \_\_\_\_\_ C/O (Recommender) First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City, State \_\_\_\_\_ Zip \_\_\_\_\_

Recommender's Phone: \_\_\_\_\_ Recommender's Email: \_\_\_\_\_

Instructor Signature \_\_\_\_\_ Dan Certifier Signature \_\_\_\_\_

Dan Certifier AAU Dan ID#: \_\_\_\_\_

Dan Certification application is to be mailed to the following address:

Mike Friello, National Sport Chairman 2434 Troy Rd. Niskayuna, NY 12309