

International Dan levels standards v's time and experience

| <i>Dan or Degree Level of Black Belt</i> | <i>I.T.F. International Tae Kwon Do</i> | <i>Description and experience levels</i> | <i>Boxing Levels Comparison</i> | <i>Graham Healy Started boxing 15years old 4 years of boxing</i> | <i>Your personal comparison for Senior Instructors rate yourself</i> |
|--|--|---|---|---|---|
| <i>1st Dan</i> | <i>1 year to 18 months</i> | <i>Physically Good ready to take classes as Instructor</i> | <i>12 months training 6 days per week 2hrs per day</i> | <i>*Commenced TKD at 21 years of age Still going at 51 years of age</i> | |
| <i>2nd Dan</i> | <i>2 years</i> | <i>Refine skills & more responsibility</i> | <i>=Bronze Level</i> | <i>*36 years of experience *professional Full time Instructor</i> | |
| <i>3rd Dan</i> <i>min age 27 years</i> | <i>3 years</i> | <i>Usually fairly experienced</i> | <i>=Silver</i> | <i>*Professional Master personal Trainer</i> | |
| <i>4th Dan</i> <i>min age 30 years</i> | <i>4 years</i> | <i>International Instructor</i> | <i>=Gold</i> | <i>International Instructor YJD 1993</i> | |
| <i>5th Dan</i> <i>min age 34 years</i> | <i>5 years</i> | <i>Higher level heading towards Master</i> | <i>Note depending on Students training focus</i> | <i>*Healy's freestyle TKD & Boxing Academy established 2000</i> | |
| <i>6th Dan</i> <i>min age 39years</i> | <i>6 years</i> | <i>Some call a 6th degree A Master Of his Art</i> | <i>Boxing 'skills & drills' can be achieved in</i> | <i>*established ISDA 2000 first international seminar</i> | |
| <i>7th Dan</i> <i>min age 45 years</i> | <i>7 years</i> | <i>Master Instructor</i> | <i>12 to 18 months depending</i> | <i>*2006 re-developed ISDA to new generation</i> | |
| <i>8th Dan</i> <i>min age 53 years</i> | <i>8 years</i> | <i>Senior Master</i> | <i>On trainer and experience</i> | <i>*May2006 New generation ISDA evolves</i> | |
| <i>9th Dan</i> | <i>9 years</i> | <i>Higest level Master Usually Founder of a Style</i> | | <i>*on going development with ISDA & Healys TKD & Boxing Academy</i> | |

****note the Dan levels 'should' match Skill levels ...but often does not ...the only way you can compare the skill level is to actually 'see' the practitioner in action and teaching a class of students ...this is when you can really tell whether the Dan level matches the skill level . The Other issue is on 'recognition' who recognizes who ? Actually it is only somebody of experience who can tell what level some one else is really at .***

In Boxing usually you ask who was the persons trainer and then have a look at them training on the Bag , speed ball and some sparring to see what level they are at. By this you (if you are experienced yourself) can tell the level of experience and therefore the 'real skill level ' of the practitioner.

In Martial Arts you must look at a) the Skill level as above and b) who actually taught the practitioner and their History and lineage or pedigree , and most importantly were they taught 'one to one' ?

Why the 'one to one ' factor ? the simple reason is that whether Martial Arts(TKD) or Boxing to really learn anything of 'substance' you must be apprenticed to a genuine Master or trainer of good reputation .

This apprenticeship is best as a 'full time' live in situation for the real 'essence' of the 'skills & drills' to be downloaded to the student successfully.

The 'lets have a look at you punch or kick the bag' test No matter what level you claim to be this simple test usually sorts out the 'skill and drill' level of the practioner many Martial Artists do not do much work on the bags , however, practice in the 'air' a lot of the time . "shadow-boxing' type training while valid is not the way to build sold punching and kicking power to this 'hit the bag test' can determine in 30 seconds is the Dan level matches the claimed skill level.

INTERNATIONAL TAE KWON DO SYLLABUS

Testing and Promotion

Requirements from the Member School Manual

Student's Eligibility to Test

All students of an affiliated Taekwon-Do International school are entitled to participate in belt testings sponsored by the Member Schools. They must be members of good standing at the Member Schools and have completed the minimum requirements for the grade level they request. These requirements include proficiency in the required patterns, step sparring, sparring and breaking, as well as "time-in-rank" (explained below) and a minimum age requirement. Continuing character development consistent with the five tenets of Taekwon-Do (courtesy, integrity, perseverance, self-control and indomitable spirit) is also a significant part of the achievement required at each grade level.

Lower belt students may test about every two months. Black Belt students in Taekwon-Do International must satisfy a minimum time (or "time-in-rank") requirements as follows:

| <u>From</u> | <u>To</u> | <u>Minimum Time in Rank</u> | <u>Minimum Required Age</u> |
|-------------|------------|-----------------------------|-----------------------------|
| 1st Degree | 2nd Degree | 2 years | |
| 2nd Degree | 3rd Degree | 2 years | |
| 3rd Degree | 4th Degree | 3 years | 27 years |
| 4th Degree | 5th Degree | 4 years | 30 years |
| 5th Degree | 6th Degree | 5 years | 34 years |
| 6th Degree | 7th Degree | 6 years | 39 years |
| 7th Degree | 8th Degree | 7 years | 45 years |
| 8th Degree | 9th Degree | 8 years | 53 years |

- *as can be seen by the above International TKD standard 2+2+3+4+5+6= 22 years service to 7th degree*
- *45 years to 53 years of age of consistent training in a martial art is 7th to 8th degree*
- Examiner Rank Requirements

Under Taekwon-Do International by-laws, the following Black Belt ranks may conduct grade tests:

| <u>Examiner Rank</u> | <u>May Conduct Tests Up To</u> |
|----------------------|--------------------------------|
| 1st Degree | Cannot conduct testing |
| 2nd Degree | Cannot conduct testing |
| 3rd Degree | Cannot conduct testing |
| 4th Degree | 1st Degree Black Belt |
| 5th Degree | 2nd Degree Black Belt |
| 6th Degree | 3rd Degree Black Belt |
| 7th Degree | 4th Degree Black Belt |
| 8th Degree | 7th Degree Black Belt |
| 9th Degree | 9th Degree Black Belt |

Recognition ?

As with all Martial Arts the Master is usually somebody with a credible 'History' a history and lineage that can be verified and checked along a timeline.

Who trained the 'Master' and was this 'one to one' as the only way to really receive impartation of the 'Art' is being personally trained 'one to one' much like the Karate Kid and Mr. Miyagi in the 'wax on wax off' in house training. Like Bruce Lee and Dan Inosanto, Master and apprentice is the age old method of real 'impartation' of the Art be it boxing, Tkd, Karate, Kung Fu etc .

Seminars may get you a 'pretty certificate' however the 'snapshot' of time available in these seminars is hardly worth 'resting your reputation on' .

A Martial Arts or boxing 'apprenticeship' develops a real Master within with the 'skills and drills' to match the rank . So much today is placed on the 'external rank' and does that match the 'internal ability' This is real Confidence in the Master of the Art be it Boxing or Tkd or any artcomments by Graham Healy



In the Scales of Justice how do you weigh up 'eXperience' verses the Dan or degree Levels ? .

Certainly Time is a 'factor' but where do you weigh up 'attitude' and 'skills & Drills' ?

And WHO is really qualified to Judge ?

Who are the Real Masters of Martial Arts & Boxing ?

Who Recognizes them and Why ?

I believe this question is entirely relative to the 'X' factor
the 'X' factor being 'real eXperience' and that is relative to
who taught you over time.

Simply belonging to an organization means nothing unless you have the skills to match .

Having a so called 6th , 7th or 8th Degree Black belt means absolutely nothing unless you have the eXperience over TIME relative to who actually taught you what you know and teach today and are you still training , running a class and teaching ?

Have you developed your own system ? or are you just following somebody else's ?

Who are the real Masters of the Art ?

This Question is best answered by a summary I have placed below my class syllabus for all students to read.

Quote**Who is the "Master Instructor" ?**

*I believe that anyone who continues to train & refine his ART is a **Master Instructor**.*

The Title as such has NO MEANING without the 'heart and LOVE of the ART behind the practitioner.

You never truly 'Master the ART as the 'Refinement' is a never ending process.

Every student whose passion is to continue training & overcome 'ALL BARRIERS' has the Master Instructor 'Within'

The Master is Master over 'Himself or 'Herself' which produces INTEGRITY of action & purpose in everything we do.

The "MASTER¹ in this school is the student who trains with passion & discipline and loves to teach others to do the same.

LOVE of the ART and the BROTHERHOOD it produces is the Motivation of this school NOT the TITLES or EGOCENTRIC mentality.

An 'outside observer' can easily see if you have the ' MASTER WITHIN¹ by observing your attitude of actions towards others.

The CORE VALUES of YOUR CHARACTER demonstrates this:

****Courtesy * Integrity *Perseverance *Self-Control & Indomitable spirit*** should develop an attitude of

****LOVE *CARE and PROTECTION*** for all you come into contact with and contribute to a better World as we

'GIVE' rather than 'TAKE' because at the 'end of the day' the Universal Godly Principle is.....

' you will sow what you reap'

A Simple test to use upon selecting to train with any Martial Arts or Boxing School

1) Can the Instructor/Master supply a history or credible background of his past eXperience ? (certificates can be meaningless and 'bought' at a price)

*** a good web site describing the Master or Instructors background is a good start**

2) Can the Instructor /Master Demonstrate his skills personally ? 'one to one' ?

*** is he still teaching classes personally ? Observe a class in action .**

3) Has the Instructor /Master a humble attitude or arrogant ?

***Or a 'know it all' 'puffed up with himself' that usually knows very little**

Or is He friendly and courteous to students and other Instructors ?

4) What is the 'Atmosphere' of the School or Class is it 'dictatorial' or friendly ?

*** this simple 4 way test will put you on the right track when choosing a**

Master or Instructor and school to train at or send your children to ...

***Remember the student will ultimately reflect the Instructor so choose carefully**