

# International Taekwon-Do Federation I.T.F.



## 국제 태권도 연맹

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### △ Reduction to the minimum training time between promotions

(Effective from 1st Sep. 2015)

Each attendance to the ITF official Technical Seminar will get awarded the reduction of minimum training time between grading per seminar in a year:

- ◆ Up to 2nd Dan holder
  - 1st seminar: 2 months reduction
  - 2nd seminar: 1 month reduction
- ◆ 3rd & 4th Dan holder
  - 1st seminar: 3 months reduction
  - 2nd seminar: 1 month reduction
  - 3rd seminar: 1 month reduction
- ◆ 5th & 6th Dan holders
  - 1st seminar: 4 months reduction
  - 2nd seminar: 1 month reduction
  - 3rd seminar: 1 month reduction
- ◆ 7th Dan and above Dan holders
  - No reduction will be awarded to 7th Dan and 8th Dan holder

(Decided at the ITF EB meeting 2017 in Pyongyang)

The maximum reduction of the minimum training time between grading is 1 year.