

Belt Requirements (Brief Summary)

At every belt, there are several technical requirements. Once completed the instructor will place a stripe on the belt:

- First Black Stripe: Form
- Second Black Stripe: One Steps
- Third Black Stripe: Sparring Exercises
- Red Stripe: Demonstrate all the above

Every belt test will also have:

- Fitness assignment
- Board breaking technique assignment

Mid-belts and up have teaching and attendance requirements.

Gear can be acquired at various belt stages.

All belt requirements are cumulative.

- **That is, each successive belt automatically includes the requirements of all previous belts.**

White to Yellow Belt

- Form: Ki Bon Hana (under age 6)
- Form: Taegeuk 1 (over age 6)
- 1-Steps: 1-2
- Sparring: 1-3
- Board Break: Hammer fist or Ax Kick
- Minimum Time in grade: 2 months



Name:

Start date:

Yellow to Orange Belt (10th Gup)



- Form: Taegeuk 2
- 1-Steps: 3-4
- Sparring: 4-6
- Board Break: Palm strike or Front snap Kick
- Light Gear recommended
- Minimum Time in grade: 2 months

Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

Orange to Green Belt (9th Gup)

- Form: Taegeuk 3
- 1-Steps: 5-6
- Sparring: 7-9
- Board Break: Downward elbow or Roundhouse Kick
- Light Gear required
- Minimum Time in grade: 2 months



Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

Green to Purple Belt (8th Gup)

- Form: Taegeuk 4
- 1-Steps: 7-8
- Sparring: 10-12
- Board Break: Side Chop or Side kick
- Full Gear recommended
- Attend both classes with invitation
- Minimum Time in grade: 2 months



Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

Purple to Blue Belt (7th Gup)

- Form: Taegeuk 5
- 1-Steps: 9-10
- Sparring: 13-15
- Board Break: Downward knife hand strike or Axe kick
- Full Gear required
- Attend both beginner & advanced classes at least 2 days/week
- Minimum Time in grade: 3 months



Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

Blue to High Blue Belt (6th Gup)

- Form: Palgwe 6
- 1-Steps: 11-12
- Sparring: 16-18
- Board Break: Step up elbow thrust, or stationary hook kick
- Assist with teaching beginner class at least 4 times/month
- Minimum Time in grade: 3 months



Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

High Blue to Red Belt (5th Gup)

- Form: Taegeuk 6
- 1-Steps: 13-14
- Sparring: 19-21
- Board Break: side elbow or spinning back kick
- Attend a TKD Tournament (at least observer) before blackbelt
- Minimum Time in grade: 3 months



Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

Red to High Red Belt (4th Gup)

- Form: Palgwe 7
- 1-Steps: 15-16
- Sparring: 22-24
- Board Break: Spinning side elbow thrust or spinning hook kick
- Minimum Time in grade: 4 months



Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

High Red to Brown Belt (3rd Gup)

- Form: Taegeuk 7
- 1-Steps: 17-18
- Sparring: 25-27
- Board Break: Backhand strike or jumping front snap kick
- Minimum Time in grade: 4 months



Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

Brown to High Brown Belt (2nd Gup)



- Form: Taegeuk 8
- 1-Step's: 19-20
- Sparring: 28-30
- Board Break: Knife hand palm up, Turn around Roundhouse kick
- Minimum Time in grade: 4 months

Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

High Brown to Bo-Black Belt (1st Gup, 6th class)



- Form: Koryo
- 1-Steps: White thru Purple (1-10)
- Sparring: White thru Purple (1-15)
- Board Break: Punch or Double Roundhouse kick
- Minimum Time in grade: 4 months

Name:

Test date:

All belt requirements are cumulative back from White Belt to Current Rank.

Bo-Black to Black Belt (1st Gup, 5th class)

- Form: Koryo
- 1-Steps: All 1-20
- Sparring: All 1-30
- Board Break: Your Choice
- 5th Class Black Stripe:
- 4th Class Black Stripe: All Forms:
- 3rd Class Black Stripe: All 1-Steps:
- 2nd Class Black Stripe: All Sparring:
- 1st Class Red Stripe: All the above:
- Thesis: “My Journey”



Name:

Test Date:

Test Date:

Test Date:

Test Date:

Test Date:

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