

White or Tiny Tiger to Little Dragon

1st Stripe: Kicks (Front, Crescent, & Side)

2nd Stripe: Blocks (High, Low, & Inner Forearm)

3rd Stripe: Strikes (Punch, Knife hand, Hammer fist, Back fist)

4th Stripe: Stances (Front, Back, Sitting, & Ready) Tenets Sheet (Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit)

White to Yellow Belt

1st Stripe: Stances (Front, Back, Sitting, and Ready) Kicks (Front, Side, and Crescent)

2nd Stripe: Hand Techniques (Blocks – High/ Front stance, Low/Front stance, & Inner Forearm Block/ back stance, Strikes- Knife hand/ back or sitting stance, Back fist/ back stance, Hammer fist/ front stance, punch/ front stance) Adults (Jab/ back stance, Cross/back stance, Upper cut/back stance, Hook/ back stance, & Sideways Hammer Fist/ back stance)

3rd Stripe: Ki-Bon Pattern

4th Stripe: One step (jr. 1, 2, & 3) (adults (1-5) & Turn in Tenets Sheet and know the tenets meaning

Little Dragon to Yellow Belt

1st Stripe: First Half of Ki-Bon

2nd Stripe: One Step Number 1 & 2

3rd Stripe: All of Ki-Bon

4th Stripe: Ones Step 1, 2, & 3 including turning in Tenet Sheet & know the meaning of the tenets

Yellow Belt to Little Ninja

1st Stripe: Hand Blocks (Double Knife hand block, Square block, Outer forearm block, and Outside Block)

2nd Stripe: Kicks (Round, Spin Side, and Spin Crescent)

3rd Stripe: Double Knife hand Block Step punch combination, Spin Square block step punch combination

4th Stripe: Front kick Round kick combination, Side kick Spin Crescent combination and Turn in Tenets sheet

White Stripe: Self Defense

Yellow Belt to Orange Belt – Perform one-steps with a partner or w/ each other

1st Stripe: kicks (Round, Spin Side, and Spin Crescent) hand Blocks (Double Knife hand/ back stance, Square /back stance, Outer forearm/ Front Stance, and outside/ Sitting or Back stance) (Adults Ridge hand strike/ Front stance)

2nd Stripe: Name of Pattern (Dan Gun), Number Movements 21, and meaning (named after Dan-Gun, legendary founder of Korea, in the year 2333 BC) Complete Dan Gun Up to the 2nd Square Block Punch

3rd Stripe: One Step (Jr. 1-3), (adult 1-5)

4th Stripe: All of Dan-Gun Pattern & turn in Tenets Sheet

White Stripe: Self Defense

Little Ninja to Orange Belt – Perform one-steps with a partner or w/ each other

1st Stripe: Up to the 2nd Square Block Punch

2nd Stripe: One Step Number 1 & 2

3rd Stripe: All of Dan-Gun and the meaning of the Dan Gun

4th Stripe: One Steps 1, 2 & 3 including turning in Tenet Sheet

White Stripe: Self Defense

Orange to Senior Orange Belt - One-steps will be done with their gear on – No Contact

1st Stripe: #3 Jump Front, #2 Jump Round, #3 Jump Side) Hand Techniques (Twin Outer Forearm Block/ front stance, Double Spear Hand/ Front Stance, Spinning back fist/ Front stance, Palm Heel Strike/ Front Stance)

2nd Stripe: name of Pattern (Do San), Number of Movements 24, and Meaning (Named after An Jon Ho who dedicated his entire life to the education of Korea and it's independence movement) Complete Do San Up to the 2nd Set of Outer Forearm Block Reverse Punch

3rd Stripe: One Step, Jr. (1-3) and Adults (1-5) Need to have sparring gear before they can test for Stripe

4th Stripe: Do San Pattern & turn in Tenets Sheet

White Stripe: Self Defense

Senior Orange Belt to Green Belt - Ones steps & Made up combination will be done with their gear on – One round of Sparring to get used to the Atmosphere

1st Stripe: # 1, #2, # 3 Jump front kick, # 1, #2, & #3 jump sidekick, and #1, #2, & #3 jump round kick,

2nd Stripe: Be able to perform all 5 sparring combination like you were sparring

3rd stripe: Create 3 sparring combinations and Turn in sheet with a minimum of 3 and a maximum of 5 techniques. You will have to be able to perform them on both sides.

4th stripe: Be able to perform all of Do-San pattern, know the meaning of Do-San and bring back testing qualification sheet

White Stripe: Self Defense

Green to Senior Green – Min. 4 One Minute Rounds – During Sparring No contact is allowed

1st Stripe: Hand Technique (Double Fist block/ back stance, Fix Stance Punch/ Elongated back stance , Reverse Inner Forearm block/ front stance, Reverse Outside Knifehand Strike-High/ back stance)

2nd Stripe: Name of Pattern (Won Hyo), Number of Movement (27 movements), and Meaning (He introduce Buddhism to the Silla Dynasty in the year 686 AD) Complete Won Hyo Up to the 2nd set of Fixed Stance Punch

3rd Stripe: Kicks (Hook, Axe, and Twist)

4th Stripe: All of Won Hyo Pattern and turn in tenet sheet

White Stripe: Self Defense

Senior Green to Purple Belt- Min. 5 One Minute Rounds – No Contact during Sparring & Combinations

1st Stripe: Hand Technique (Knife hand Square Block/ back stance, Back elbow strike/ back stance, Hook Block/ front stance, Spear Hand/ Front stance)

2nd Stripe: Kicks (Spin Hook, Spin Heel, Jump Spin Side)

3rd Stripe: Perform & Turn in 3 Sparring Combination with new kicks

4th Stripe: Perform Won Hyo, know the meaning and bring back tenet sheet

White Stripe: Self Defense

Purple to Senior Purple Belt - Min. 5 One Minute Rounds – During Sparring Contact is Allowed with High Ranks

1st Stripe: Hand Technique (Skip Back Fist/X stance, Double Inner Forearm Block/ Front Stance, Reinforced Elbow Strike/ Front Stance, Forward Elbow Strike/ Front Stance)

2nd Stripe: Name of Pattern (Yul Gok), Number of Movement (36 movements), and Meaning (Pseudonym of a great philosopher and scholar Yi I. Nicknamed the Confucius of Korea) Complete Yul Gok Up to the 2nd Set of Side Kick Reverse Elbow

3rd Stripe: Kicks (Jump Spin Hook, Jump Spin Crescent, and Jump Spin Heel)

4th Stripe: All of Yul Gok Pattern and turn in tenet sheet

White Stripe: Sparring & Self Defense

Sr. Purple to Blue - Min. 6 One Minute Rounds – Contact is Allowed During Sparring & Combination with High Ranks

1st Stripe: Hand Technique (Ridge Hand Block/ Cat Stance, Twin Punch/ Front Stance, Twin Upset Punch/ Front Stance, Upset Palm Heel Strike/ Back Stance)
2nd Stripe: Kicks (Butterfly, 360 Front, 360 Round)
3rd Stripe: Perform & Turn in 3 Sparring Combination with New kicks
4th Stripe: Perform Yul Gok, know the meaning and bring back tenet sheet
White Stripe: Sparring & Self Defense

Blue to Sr. Blue – Min. 6 One Minute Rounds – During Sparring Contact is Required with High Ranks

1st Stripe: Hand Technique (C Block/ Back Stance, X Block/ Front Stance, Press Block /front stance Shifting from a Double fist block/ Back stance, Reverse upset elbow strike/ Front stance from a double knife hand block/ back stance)
2nd Stripe: Name of Pattern (Joong Gun) Number of movements (32 Movements) and Meaning (Named after An Joong Gun who assassinated the first Japanese-Governor-General of Korea. His name was Hiro Bumi Ito) Complete Joong Gun Up to the 2nd Set of Back Fist Reverse Punch
3rd Stripe: Kicks (360 Side, 360 Hook, 360 Crescent, 360 Heel)
4th Stripe: All of Joong Gun Pattern and Turn in tenets sheet
White Stripe: Sparring & Self Defense

Sr Blue to Brown - Min. 7 One Minute Rounds of Sparring. Contact is Required & Combinations

1st Stripe: Hand Techniques (Reinforced Upset Punch/ Back Stance, Downward Knifehand Strike/ L Stance, Reverse Fixed Stance Punch/ Back Stance, Inner Forearm Low Block/ Closed Stance)
2nd stripe: Kicks (Hook Kick Round Kick Combination, Front Leg Dragging Kick, Round Kick 360 Kick)
3rd stripe: Perform & Turn in Combinations with new kicks
4th stripe: All of Joon Gun, name & meaning, board break with a hand and a foot, and turn in tenet sheet
White Stripe: Sparring & Self Defense

Brown to Sr Brown (Need Board) – Min. 7 One Minute Rounds & Wrist Locks – Contact and Countering is Required during Sparring – Board Break

1st Stripe: Hand (X-block low/ fronts stance skip elbow strike/ back stance, Hand Grab/ shoulder width stance, Reinforced Back Fist Back fist/ Sitting Stance Combination, Knife Hand X Block/ Back stance, Twin Upset Palm Heel Strike/ Front Stance)
2nd stripe: Know the name of form (Hwa Rang Pattern), Number of Movements (31 movements), meaning (Named after the Hwa Rang Youth Group that unified the three kingdoms of Korea, Which originated in the Silla Dynasty) Complete Hwa Rang Up to the Double Knife hand Block before the Round Kicks
3rd Stripe: Wrist Locks # 1 & 2
4th Stripe: Break one Hand and foot technique (Front or side kick) All of Hwa Rang and bring tenet sheet
White Stripe: Sparring & Self Defense

Senior Brown Belt to Red Belt – Min. 8 One Minute Rounds & Wrist Locks – Contact and Countering is Required during Sparring – Board Break

1st stripe: White belt Form (Ki-Bon pattern) Wrist Lock # 1
2nd stripe: White & Yellow belt form (Dan Gun pattern) Wrist Lock # 2
3rd stripe: White, Yellow & Orange belt form (Do San pattern) Wrist Lock # 3
4th stripe: White, Yellow, Orange & Brown belt form (Hwa Rang) Name, number of movement & meaning of form. Board break with a basic hand and foot (front or side kick) bring back tenet sheet & Wrist Lock # 4
White Stripe: Sparring & Self Defense

Red Belt to Sr. Red Belt – Min. 9 One Minute Rounds & Wrist Locks - Contact and Countering is Required during Sparring – Board Break

1st stripe: Hand (Reverse knife hand high block Outside knife hand strike/ Front stance, reverse spear hand low/ Front stance back fist low block/ Back stance combination, Jump Spin Double Knife Hand Block/ Back Stance, Spin Low Block/ Back Stance Head Grab/ Front Stance Knee Strike/ One Leg, Reverse Ridge Hand Strike)

2nd stripe: Name of Form (Choong Moo), Number of Movements (31 movements) Meaning (Named after Admiral Hi Sun Sin who invented the first armored battleship (Kobukson) which is the precursor of the present day submarine. Complete Choong Moo Up to the Round Kick Spin Side Kick.

3rd stripe: Wrist Lock # 1 – 6

4th stripe: White, Yellow, Orange & Red Belt form, Board Break with approved hand technique and an approved (round or side) kick. Bring back tenet sheet

White Stripe: Sparring & Self Defense

Senior Red to Probationary Black Belt – Min. 10 One Minute Rounds & Wrist Locks - Contact and Countering is Required during Sparring – Board Break

1st Stripe: White to Green Belt Form (Won Hyo) & Red Belt Form. Wrist Lock # 1 & 2

2nd Stripe: White to Purple (Yul Gok) & Red Belt Form. Wrist Lock # 3 & 4

3rd Stripe: White to Blue Belt Form (Joong Gun) & Red Belt Form. Wrist Lock # 5 & 6

4th Stripe: White to Red Belt Form. Name, number of movement, & meaning of red belt form. Board Break with approved hand technique and an approved (round or side) kick., bring back tenet sheet and handed in a 500-word essay on “Why I have done to receive a black belt” or “What a black Belt is to me”. Turn in the Tenets sheet. Wrist Lock # 7 & 8

White Stripe: Sparring & Self Defense

Re-breakable Board Color Required for Breaking

Sex/Age	Brown Belts	Red & Black Belts	Sex/Age	Brown Belts	Red & Black Belts
MALES			FEMALES		
Ages 5-6	White	Yellow	Ages 5-6	White	Yellow
Ages 7-8	Yellow	Orange	Ages 7-8	Yellow	Orange
Ages 9-10	Orange	Orange / Green	Ages 9-10	Orange	Orange Green
Ages 11-12	Orange / Green	Green	Ages 11-12	Orange Green	Green
Age 13-14	Green	Blue	Ages 13-14	Green	Blue
Age 15	Blue	Brown	Age 15 and up	Blue	Blue/Brown
Ages 16 and up	Brown	Black			

Breaking Techniques Required

Present rank	Kick Techniques	Hand Techniques
Brown Belt	<u>Either</u> Front Kick or Side Kick	<u>Either</u> : Punch, Knife Hand, Ridge Hand, Hammer Fist, or Elbow
<u>Senior Brown Belt</u>	<u>Either</u> Front Kick or Side Kick	<u>Either</u> : Punch, Knife Hand, Ridge Hand, Hammer Fist, or Elbow
Red Belt	<u>Either</u> Side Kick or Round Kick	<u>Either</u> : Punch, Knife Hand, Ridge Hand, Hammer Fist, or Elbow
<u>Senior Red Belt</u>	<u>Either</u> Side Kick or Round Kick	<u>Either</u> : Punch, Knife Hand, Ridge Hand, Hammer Fist, or Elbow
Probationary Black Belt	<u>Pick One Combination</u> Use different legs Round Kick / Round Kick Side Kick / Side Kick Front Kick / Front Kick	None
<u>Recommended</u> Black Belt	<u>Pick One Combination</u> Use different legs Round Kick / Front Kick Round Kick / Side Kick Side Kick / Front Kick	None
<u>Decided</u> 1st Degree Black Belt	<u>Pick One Combination</u> Use different legs Side Kick / Spin Side Kick Round Kick / Spin Side Kick	1 Student Choice
<u>Senior</u> 1st Degree Black Belt	<u>Pick One Combination</u> Use different legs Round Kick / Jump Kick Side Kick / Jump Kick	1 Student Choice
2nd Degree Black Belt	Use different legs Spin Kick / Jump Kick	None
<u>Decided</u> 2nd Degree Black Belt	Use different legs Spin Kick / Jump Kick	1 Student Choice
<u>Senior</u> 2nd Degree Black Belt	Use both legs Add 1 board to one kick Jump Spin Kick / Spin Kick	1 Student Choice
3rd Degree Black Belt	Use both legs Add 1 board to one kick Jump Spin Kick / Jump Kick	1 Student Choice
<u>Decided</u> 3rd Degree Black Belt	Use both legs Add 1 board to one kick Jump Spin Kick / Jump or Spin Kick / Any Basic Kick	1 Student Choice
<u>Senior</u> 3rd Degree Black Belt	Use both legs Add 1 board to one kick Jump Spin Kick / Jump or Spin Kick / Any Basic Kick	2 Student Choice
<u>Decided</u> 4th Degree Black Belt	Use both legs Add 1 board to one kick 360 Jump Spin Kick / Jump Spin Kick / Spin Kick / Any Basic Kick	1 Student Choice
<u>Senior</u> 4th Degree Black Belt	Use both legs Add 1 board to one kick 360 Jump Spin Kick / Jump Spin Kick / Spin Kick / Any Basic Kick	2 Student Choice
5th Degree Black Belt	Use both legs Add 1 board to one kick 360 Jump Spin Kick / Jump Spin Kick / Jump Kick / Spin Kick / Any Basic Kick	2 Student Choice

Modified 8 Stripes System

Colored Stripes

White or Tiny Tiger to Yellow Belt

1. 4 Moves of Ki Bon
2. Ki Bon: Up to the 1st High Block Reverse Punch
3. Ki Bon: Up to the Last High Block Reverse Punch
4. All of Ki Bon

Little Dragon To Yellow Belt

1. 4 Moves of Ki Bon
2. Ki Bon: Up to the 2nd Square Block Punch
3. Ki Bon: Up to the Last High Block
4. All of Ki Bon

Yellow Belt to Lil Ninja

1. 2 of the 4 Hand techniques
2. All 4 hand techniques
3. 4 Moves of Dan Gun
4. From the Punch: Spin Square Block Combination

Yellow Belt to Orange

1. All 4 hand techniques
2. 4 Moves of Dan Gun
3. Dan Gun up to the 2nd Spin Square Block Punch
4. All of Dan Gun

Lil Ninja To Orange

1. 4 Moves of Dan Gun
2. Dan Gun: Up to the Last Set of Square Block Punch
3. Dan Gun: Up to the Last high Block
4. All of Dan Gun

Orange Belt To Sr. Orange

1. Hand Techniques
2. 4 Moves of Do San
3. Do San: Up to the Last Outer Forearm Block Reverse Punch
4. All of Do San

Sr. Orange To Green

1. One Steps 1 – 5
2. One Steps 1 – 5 Blocking, Moving, Hands up
1. Do San: Up to The Last Outer Forearm Block Reverse Punch
4. All of Do San

Green To Sr. Green

1. 2 of the 4 hand techniques
2. all 4 hand techniques
3. 6 Moves of Won Hyo
4. Up to the 2nd Set of Fix Stance Punch

Sr. Green to Purple

1. 2 of the 4 hand techniques
2. all 4 hand techniques
3. Won Hyo: Up to the Last Fix Stance Punch
4. All of Won Hyo

Black Stripes

1. Kick & Stances
2. Blocks & Strikes
3. One-Steps # 1, & # 2,
4. Ones Steps & Tenets Sheet & meaning of Tenets

1. One-Steps # 1
2. One-Steps # 1 & 2
3. One-Steps # 1, # 2, & # 3
4. Tenets Sheet & meaning of Tenets

1. 2 of the yellow belt kicks
 2. all 3 yellow belt kicks
 3. Front Kick Round Kick Combination
 4. Side Kick Spin Crescent Kick, Tenets Sheet & Meaning of Dan Gun
- White Stripe: Self Defense

1. All 3 yellow belt kicks
 2. 1 Steps # 1
 3. One Steps # 1- 2
 4. One Steps 1- 3, Tenets Sheet & Meaning of Dan Gun
- White Stripe: Self Defense

1. One Steps # 1
 2. One Steps # 1 & # 2
 3. One Steps # 1, # 2, & # 3
 4. Tenet Sheet & Meaning of Dan Gun
- White Stripe: Self Defense

1. Kicks
 2. One Steps # 1 & # 2
 3. One Steps # 1, # 2, & # 3 Gear Needed
 4. Tenet Sheet & Meaning of Do San
- White Stripe: Self Defense

1. # 1 & # 2 Jump Kicks
 2. # 3 Jump Kicks & Perform & Turn In Combination
 3. Made Up Combination with hands up
 4. Tenet Sheet & Meaning of Do San
- White Stripe: Self Defense

1. 2 of the 3 kicks
 2. All of the kicks & Won Hyo: before the last Side Kick
 3. All of Won Hyo
 4. Tenet Sheet & meaning of Won Hyo
- White Stripe: Self Defense

1. 2 of the 3 kicks
 2. all of the kicks & Perform & Turn in Combination
 3. Perform Combination with Hands Up
 4. Tenet Sheet & Meaning of Won Hyo
- White Stripe: Self Defense

Colored Stripes

Purple To Sr. Purple

1. 2 of the 4 hand techniques
2. All 4 hand techniques
3. Yul Gok: Up to the Last Front Kick Double Punch
4. Yul Gok: Up to the Last Side Kick Reverse Elbow Strike

Sr. Purple To Blue

1. 2 of the 4 hand techniques
2. All 4 hand techniques
3. Yul Gok: Up to Last Side Kick Reverse Elbow Strike
4. All of Yul Gok

Blue to Sr. Blue

1. 2 of the 4 hand techniques
2. Double Fist Block To a Pressing Block &
3. 6 moves of Joong Gun
4. Joon Gun: Up to the Last Back fist Reverse punch

Sr. Blue to Brown

1. Downward Knife Hand Strike & Inner Forearm Low Block
2. Reinforced Upset Punch & Reverse Fixed Stance Punch
3. Joon Gun: Up to the Last Back Fist Reverse Punch
4. All of Joong Gun Pattern

Brown to Sr. Brown

1. Hand Grab, X Block Elbow Strike
2. Back Fist Side Back Fist Combination,
Twin Upset Palm Heel Strike, Knife Hand X Block
3. 9 Moves of Hwa Rang
4. Double Spear Hand of Hwa Rang

Sr. Brown to Red

1. White Belt Form
2. White Belt & Yellow Belt Form
3. White Belt to Orange Belt Form
4. White to Orange Belt & Brown Belt Form

Red to Senior Red Belt

1. Reverse Knife Hand High Block Outside Knife Hand Strike
Spin Low Block Head Grab Knee Strike
2. Jump Spin Double Knife Hand Block,
Reverse Spear Hand Low Back Fist Low Block,
Reverse Ridge Hand Strike
3. Perform the 1st 6 Moves of Choong Moo
4. Perform Choong Moo up to the Round Kick Spin Side

Senior Red Belt to Probationary Black Belt

1. White Through Green Belt & Red Belt Form
2. White Through Purple Belt & Red Belt Form
3. White Through Blue Belt & Red Belt Form
4. White Through Red Belt Form

Black Stripes

1. 2 of the 3 kicks
2. All 3 kicks & Yul Guk: Before the Skip Back fist
Reverse punch
3. All of Yul Gok
4. Tenet Sheet & Meaning of Yul Gok
White Stripe: Sparring & Self Defense

1. Butterfly Kick & 360 Front Kick
2. All 3 kicks. Perform & Turn in Combination
3. Combination with Hands up
4. Tenet Sheet & Meaning of Yul Gok
White Stripe: Sparring & Self Defense

1. 2 of the 4 kicks
2. All 4 kicks & Joon Gun: Before the Horizontal Punch
3. All of Joong Gun Pattern
4. Tenet Sheet & Meaning of Joong Gun
White Stripe: Sparring & Self Defense

1. Hook Kick Round Kick Combination &
Front Leg Dragging Kick
2. Round Kick 360 Kick Combination &
Perform & Turn In Combination
3. Combination with Hands up
4. Tenet Sheet, Meaning of Joong Gun, & Board Break
White Stripe: Sparring & Self Defense

1. Wrist Lock 1 & 2
2. Hwa Rang: Up to the Last Reverse Fix Stance Punch
3. All of Hwa Rang Pattern
4. Tenet Sheet, Meaning of Hwa Rang & Board Break
White Stripe: Sparring & Self Defense

1. Wrist Lock 1
2. Wrist Lock 1 & 2
3. Wrist Lock 1 through 3
4. Wrist Lock 1 through 4, Tenet Sheet
meaning of Brown belt form & Board Break
White Stripe: Sparring & Self Defense

1. Wrist Lock 1 – 3 & White Belt Form
2. Wrist Lock 1 - 4 & White & Yellow Form
Choong Moo: Up to the Double Spear Hand
3. Wrist Lock 1 – 5 & White to Orange Belt Form
All of Choong Moo Pattern
4. Wrist Lock 1 to 6, Tenets Sheet,
meaning of Red belt form & Board Break
White Stripe: Sparring & Self Defense

1. Wrist Lock 1 to 4
2. Wrist Lock 1 to 6
3. Wrist Lock 1 to 7
4. Wrist Lock 1 to 8, Tenets Sheet, Meaning of Red Belt
form, Board Break, & 500 Word Essay
White Stripe: Sparring & Self Defense