

**Requirements for Testing
(Updated 9-1-09)**

Rank	Minimum Time	Stances	Blocks	Strikes	Kicks	1 Steps / 3 Steps	Sparring	Poomse	Keibon	Self Defense	Essay	Breaking
9 th Gup White Belt Yellow Stripe	3 Months and 24 classes	Attention, Ready, Forward, Straddle, Fighting	High, Low, Middle (forward stance), Double, Hammer, Double Check (straddle stance)	High, Low, Middle Punch (forward stance) Knife hand middle strike, Palm strike, Elbow strike, Horizontal spear hand strike (straddle stance)	Front up, Front snap	1-5 right 1-5 left 3 step 1-5			Star Set			
8 th Gup Yellow Belt	3 Months and 24 classes at 9th Gup	Back, Walking	Outside (back stance)	Knife hand (back Stance)	Round, Crescent, Reverse crescent, Side up, Cross over side kick	1-10 right, 1-10 left, 3 step 1-5		Taegeuk Il Jang		Single shoulder grab	What do you enjoy about taekwondo so far? (150 words)	
7 th Gup Orange Belt	3 Months and 24 classes at 8th Gup		Middle, Low, Knife hand, Double knife hand, Knife hand low, (All in back stance)	All blocks with reverse punch,	Pivot slap round, Pivot side, Cross behind hook, Pivot hook Inside ax, Outside ax	1-15 right, 1-15 left, 3 step 1-5, 10 advanced (1 and 3 step)	1-Two minute controlled contact	Taegeuk Ee Jang	Keibon 1	Double shoulder grab	Why is it important for you to learn taekwondo? (150 words)	
6 th Gup Green Belt	3 Months and 24 classes at 7th Gup		Hammer, Reverse middle (back stance)	Reverse check block/ vertical spear hand, High knife hand block/ middle knife hand strike, Vertical back fist	All Jumps, Spin side, Spin hook, Double round	1-20 right, 1-20 left, 3 step 1-5, 15 advanced (1 and 3 step)	2-Two minute controlled contact	Taegeuk Som Jang	Keibon 2	Single wrist grab	Name and explain a strength and weakness you have in taekwondo. (150 words)	Hammer Strike, Front Kick

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5 th Gup Blue Belt	4 Months and 32 classes at 6 th Gup			Pull-back hammer strike	All Spins All Shuffles	1-20 right, 1-20 left, 25 advanced (1 and 3 step)	2-Two minute controlled contact	Taegeuk Sa Jang	Kiebon 3	Double wrist grab	What keeps you motivated in your taekwondo journey? (150 words)	
4 th Gup Purple Belt	4 Months and 32 classes at 5 th Gup		Reverse knife hand (forward stance)		Pivot Shuffles, Hook / slap round kick combination (same leg)	1-20 right, 1-20 left, 3 step 30 advanced (1 and 3 step)	2-Two minute controlled contact, 1 hands only	Taegeuk Oh Jang	Kiebon 4	Front choke	What benefits have you received from taekwondo? (150 words)	Elbow strike, round kick, side kick
3 rd Gup Red Belt	4 Months and 32 classes at 4 th Gup		Double fist low cross, Double fist high cross, Single scissor, Double scissor	Double uppercut punch (cross leg stance), Grab and side punch (straddle stance)	Spin shuffles, Tornado crescent, Jump tornado crescent	1-20 right, 1-20 left, 40 advanced (1 and 3 step) Throws and takedowns	2-Two minute controlled contact, 1 WTF round	Taegeuk Yuk Jang	Kiebon 5	Bear hug, Back choke	What have you given back to your taekwondo school? (150 words)	
2 nd Gup Brown Belt	5 Months and 40 Classes at 3 rd Gup	Inverted Forward	Low block / outside block (inverted forward stance)	Uppercut (forward stance), Reverse horizontal elbow / back fist / middle punch opposite hand (forward stance)	Jump pivots, Double front kick, Front kick / jump front kick with opposite leg	1-20 right, 1-20 left, 50 advanced (1 and 3 step) Throws and takedowns	2-Two minute controlled contact, 1 Advanced technical round	Taegeuk Chil Jang	Kiebon 6	Take downs	How do you generate power? (200 words)	Ax kick, spin side kick, flying side kick
1 st Gup Brown Belt Stripe	6 Months and 48 Classes at 2 nd Gup			Tiger-mouth, groin strike (forward stance), Side elbow strike (straddle stance)	Jump Spins 360 degree crescent, 360 degree hook, 360 degree hook jump, Combination kicks per testing board	1-20 right, 1-20 left, unlimited advanced (1 and 3 step) Throws and takedowns	2-Two minute controlled contact, 1 Two-on-one round	Taegeuk Pal Jang	Kiebon 7	Multiple attacker	How are you training to become a black belt? (200 words)	