

White Belt (11th Gup)

Skills:

1. Tenets of Taekwondo
2. Basic Stances: Ready, Attention, Front, Back, Sitting, and Fighting Stance
3. Chon-Ji Hyung (white belt form) (First 8 moves for Juniors)
4. One Step Sparring
 - a. #1-#3 for Juniors
 - b. #1-#5 for Adults
5. Do you want to fight? "No, sir!" Will you fight if necessary? "Yes, sir!" Are you afraid to fight?"
"Fear does not control my actions!"

Testing Requirements:

1. Chon-Ji Hyung (First 8 moves for Juniors)
2. One Steps
3. Do you want to fight? "No, sir!" Will you fight if necessary? "Yes, sir!" Are you afraid to fight?"
"Fear does not control my actions!"

Yellow Belt (10th Gup)

Skills:

1. 9 Basic Blocks: Low, High, Inner forearm, Outer forearm, Double Knife hand, Double Fist, Outside, Square, and Hook
2. Dan-Gun Hyung
3. One Step Sparring
 - a. #1-#3 for Juniors
 - b. #1-#5 for Adults
4. Clapper Target Drills: Punch, Outside Crescent, Back Leg Front Kick

Testing Requirements:

1. Dan-Gun Hyung
2. One Steps
3. Cycle Topic (check "Digital Dojang" on the website)

Advanced Yellow (9th Gup)

Skills:

1. Clapper Target Drills: Elbow Strike, Back Leg Round Kick, Front Leg Side Kick
2. Do-San Hyung
3. One Step Sparring #1-#3 for Juniors & Adult

Testing Requirements:

1. Do-San Hyung
2. One Steps
3. Cycle Topic (check "Digital Dojang" on the website)
4. Korean terms of the cycle (check "Digital Dojang" on the website)
5. Min. 16 classes
6. Min. 2 months

Green Belt (8th Gup)

Skills:

1. Won-Hyo Hyung
2. Demonstrate how to correctly tie the rank belt
3. 3 Sparring Combinations

Testing Requirements:

1. Won-Hyo Hyung
2. First 3 Fighting Drills (not from memory)
3. Cycle Topic (check "Digital Dojang" on the website)
4. Korean terms of the cycle (check "Digital Dojang" on the website)
5. Min. 16 classes
6. Min. 2 months

Advanced Green (7th Gup)

Skills:

1. Yul-Gok Hyung
2. Demonstrate how to start and end classes

Testing Requirements:

1. Yul-Gok Hyung
2. First 4 Fighting Drills (not from memory)
3. Cycle Topic (check "Digital Dojang" on the website)
4. Korean terms of the cycle (check "Digital Dojang" on the website)
5. Min. 16 classes
6. Min. 2 months

Blue Belt (6th Gup)

Skills:

1. Joon-Gun Hyung
2. Demonstrate how to bow to another student and Master
3. Clapper Target Drills

Testing Requirements:

1. Joon-Gun Hyung
2. All 5 Fighting Drills (not from memory)
3. Clapper Target Drills: Punch, Back Leg Round Kick, Step Side Kick
4. Cycle Topic (check "Digital Dojang" on the website)
5. Korean terms of the cycle (check "Digital Dojang" on the website)
6. Min. 16 classes
7. Min. 2 months

Advanced Blue (5th Gup)

Skills:

1. Toi-Gye Hyung
2. Clapper Target Drills

Testing Requirements:

1. Toi-Gye Hyung
2. All 5 Fighting Drills (not from memory)
3. Clapper Target Drills: Hook Kick, Spin Crescent Kick, Spin Side Kick
4. Cycle Topic (check "Digital Dojang" on the website)
5. Korean terms of the cycle (check "Digital Dojang" on the website)
6. Min. 16 classes
7. Min. 2 months

Purple Belt (4th Gup)

Skills:

1. Hwa-Rang Hyung

Testing Requirements:

1. Hwa-Rang Hyung
2. All 5 Fighting Drills (not from memory)
3. Cycle Topic (check "Digital Dojang" on the website)
4. Korean terms of the cycle (check "Digital Dojang" on the website)
5. Min. 16 classes
6. Min. 2 months

Advanced Purple (3rd Gup)

Skills:

1. Hwa-Rang Hyung
2. Combatives

Testing Requirements:

1. Hwa-Rang Hyung
2. All 5 Fighting Drills (not from memory)
3. Self-Defense Skill: Combatives #1-#3
4. Min. 16 classes
5. Min. 2 months

Red Belt (2nd Gup)

Skills:

1. Choong-Moo Hyung
2. White, Yellow, Green, and Blue Belt forms

Testing Requirements:

1. Choong-Moo Hyung
2. Additional hyung (One of the above; chosen by Instructor)
3. All 5 Fighting Drills (not from memory)
4. Min. 16 classes
5. Min. 2 months

Advanced Red (1st Gup)

Skills:

1. Choong-Moo Hyung
2. Combatives

Testing Requirements:

1. Report on: "What a Black Belt means to me." (typed; turned in prior to testing)
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application (filled out completely and signed)
4. Choong-Moo Hyung
5. Additional hyung (any lower rank form)
6. All 5 Fighting Drills (not from memory)
7. Min. 20 classes/2 months

1st Degree

Testing Requirements:

1. Report on: "The difference between wearing a Black Belt and being one." (typed; turned in prior to testing)
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application
4. Gwang-Gae Hyung
5. Additional hyung
6. All 5 Fighting Drills (not from memory)
7. Combatives: 2 self-designed combatives
8. Min. 32 classes/4 months

Advanced 1st Degree

Testing Requirements:

1. Pass an interview with Chief Instructor (before testing)
2. Black Belt Application
3. Po-Eun Hyung
4. Additional hyung
5. All 5 Fighting Drills (not from memory)
6. Combatives: 2 self-designed combatives
7. Min. 48 classes/6 months

Senior 1st Degree

Testing Requirements:

1. Report on: "How being a martial artist directs my actions." (typed; turned in prior to testing)
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application
4. Gae-Baek Hyung
5. Additional hyung
6. All 5 Fighting Drills (not from memory)
7. Combatives: 2 self-designed combatives
8. Min. 48 classes/6 months

2nd Degree

Testing Requirements:

1. Pass an interview with Chief Instructor (before testing)
2. Black Belt Application
3. Choong-Jang Hyung
4. Additional color belt hyung & 1 additional 1st degree hyung
5. All 5 Fighting Drills (not from memory)
6. Combatives: 2 self-designed combatives
7. Min. 32 classes/4 months

Advanced 2nd Degree

Testing Requirements:

1. Pass an interview with Chief Instructor (before testing)
2. Black Belt Application
3. Yoo-Sin Hyung (2 times correct)
4. Additional color belt hyung & 1 additional 1st degree hyung
5. All 5 Fighting Drills (not from memory)
6. Combatives: 2 self-designed combatives
7. Min. 80 classes/10 months

Senior 2nd Degree

Testing Requirements:

1. Must be at least age 13
2. Report on: "Reflection of my Taekwondo training and what it has taught me." (typed; turned in prior to testing)
3. Pass an interview with Chief Instructor (before testing)
4. Black Belt Application
5. Ul-Ji Hyung
6. Additional color belt hyung & 1 additional 1st degree hyung
7. All 5 Fighting Drills (not from memory)
8. Combatives: 2 self-designed combatives
9. Min. 96 classes/12 months

Junior 3rd Degree*

Testing Requirements:

1. Must be at least age 16
2. Pass an interview with Chief Instructor (before testing)
3. No min. classes/time in rank

*Jr. 3rd is for ages 13-15 only. When poom is old enough to be dan (age 16) he can “test” for 3rd degree.

3rd Degree

Testing Requirements:

1. Must be at least age 18
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application
4. Juche Hyung
5. Additional color belt hyung & 1 additional 1st & 2nd degree hyungs
6. All 5 Fighting Drills (not from memory)
7. Combatives: 2 self-designed combatives
8. Min. 3 years*

*If student was a Jr. 3rd degree, she can count her time in rank as Jr. 3rd toward the 3 year 3rd degree time in rank.

4th Degree

Testing Requirements:

1. Must be at least age 22
2. Pass an interview with Chief Instructor (before testing)
3. Black Belt Application
4. Choi-Yong Hyung
5. Additional color belt hyung & 1 additional 1st & 2nd & 3rd degree hyungs
6. All 5 Fighting Drills (not from memory)
7. Combatives: 2 self-designed combatives
8. Min. 4 years

5th Degree

Testing Requirements:

1. Must be at least age 30
2. Pass an interview with Chief Instructor (before testing)
3. Moon-Moo Hyung
4. Demonstration of Martial Art Skills at "Event"
5. Min. 5 years