

# Student Belt Progression Promotion Requirements

From Rank	Forms	Self-Defense	One-Step Sparring	2 Kick – 2 Kick	Breaks	Terminology	To Rank
10 <sup>th</sup> Gup White	Chon-Ji	1. Outside Wrist 2. Inside Wrist 3. 2 Hand Grabs 2 Wrists 4. 2 Hand Grabs One Wrist		Front Kick Side Kick	Front Snap Kick	<ul style="list-style-type: none"> <li>5 Tenants</li> <li>Fighting Triangle</li> <li>Count to 10 in Korean</li> </ul>	9 <sup>th</sup> Gup White – Yellow Stripe
9 <sup>th</sup> Gup White – Yellow Stripe	Dan-Gun	5. Front Double Shoulder Grab 6. Rear Double Shoulder Grab 7. Headlock		Front Kick Side Kick	Side Kick	<ul style="list-style-type: none"> <li>6 Shock Zones</li> <li>Fighting / Decision Process (4)</li> </ul>	8 <sup>th</sup> Gup Yellow
8 <sup>th</sup> Gup Yellow	Do-San			Front Kick Side Kick	Side Kick		7 <sup>th</sup> Gup Yellow – Green Stripe
7 <sup>th</sup> Gup Yellow – Green Stripe	Won-Hyo			Front Kick Side Kick	1. Side Kick Right Foot 2. Side Kick Left Foot		6 <sup>th</sup> Gup Green
6 <sup>th</sup> Gup Green	Yul-Gok		5 Standard One-Steps	Any Kicks	1. Running Front Snap Kick 2. High Reverse Punch		5 <sup>th</sup> Gup Green – Blue Stripe
5 <sup>th</sup> Gup Green – Blue Stripe	Joong-Gun		Self-Design 5 One-Steps		Jump Up Front Snap Kick		4 <sup>th</sup> Gup Blue
4 <sup>th</sup> Gup Blue	Toi-Gye		Self-Design 7 One-Steps		Jump Up Front Snap Kick		3 <sup>rd</sup> Gup Blue - Red Stripe
3 <sup>rd</sup> Gup Blue - Red Stripe	Hwa-Rang				Spinning Heel Kick		2 <sup>nd</sup> Gup Red
2 <sup>nd</sup> Gup Red	Choong-Moo		Use Kicks in Your Defense Responses		Spinning Heel Kick		1 <sup>st</sup> Gup Red – 1 Black Stripes
1 <sup>st</sup> Gup Red – 1 Black Stripe	Kwang-Gae				1. Spinning Heel Kick 2. Jump Front Snap Kick		1 <sup>st</sup> Gup Red – 2 Black Stripes
1 <sup>st</sup> Gup Red – 2 Black Stripes	Kwang-Gae				1. Spinning Heel Kick 2. Jump Front Snap Kick 3. Running Jump Side Kick		1 <sup>st</sup> Gup Senior Red
1 <sup>st</sup> Gup Senior Red	Po-Eun				1. Spinning Heel Kick 2. Jump Front Snap Kick 3. Running Jump Side Kick		Black Belt

Each student will be expected to understand and demonstrate these requirements to the best of their ability. Student advancement is determined solely by the head instructor based on the student's demonstrated individual capabilities and skills. **As you progress to each rank, you are required to remember all the previous rank requirements as well.**