

Stripe Requirements

BELT	STRIPE	REQUIREMENTS		
White	Yellow	Stances	Low, high, inner forearm block	
	Green	Meaning of form	Front, crescent & side kicks	
	Blue	Perform Ki-Bon		
	Red	One-Step Sparring		
Yellow	Yellow	Round kick	Spin Crescent kick	Spin side kick
	Green	Meaning of form	Tying Belt	
	Blue	Perform Dan-Gun		
	Red	One-Step Sparring		
Orange	Yellow	Jump front kick	Jump round kick	Jump side kick
	Green	Meaning of form	Tying Belt	
	Blue	Perform Do-San		
	Red	Sparring combinations		
Orange Sr.	Yellow	Double kicks (lead leg, front/side/round)		
	Green	Sparring style blocking (effective)		
	Blue	Do-San (improved)		
	Red	Sparring combinations (opp. side)		
Green	Yellow	Double fist block	Reverse inner-forearm block	Reverse knife-hand strike
	Green	Meaning of form	Tying Belt	Closed ready & fixed stance
	Blue	Perform Won-Hyo		
	Red	Hook kick	Spin hook kick	Spin heel kick
Green Sr.	Yellow	Downward back-fist (X-Stance)	Knife-hand square block	Spear-hand (reinforced, both sides)
	Green	Jump spin crescent	Jump spin side kick	Jump spin hook kick
	Blue	Form (improved)		
	Red	Sparring combos	With above required kicks	Jr's 3 / Adult's 3
Purple	Yellow	Hooking block	Rev. Horizon Elbow Strike	Double inner-forearm block
	Green	Meaning of form	Tying Belt	
	Blue	Perform Yul-Guk		
	Red	Inside crescent kick	Sliding kicks (side & round)	
Purple Sr.	Yellow	Ki-Bon, Dan-Gun, Do-San		
	Green	Physical Calisthenics		
	Blue	Yul-Guk (improved)		
	Red	Sparring effectively (3 rounds minimum)		
Blue	Yellow	Reverse elbow strike	Ridge hand block in cat stance	Twin high punch (High and upset)
	Green	Meaning of form	Tying Belt	Double pressing block
	Blue	Perform Joong-Gun		
	Red	Jump spin heel kick	Twist kick	Butterfly kick
Blue Sr.	Yellow	Twin inner-forearm block	Double knife-hand block (low)	Double inner-forearm block (low)
	Green	Spin hook/ round kick	Jump outside crescent	Axe kick
	Blue	Joong-Gun (improved)		
	Red	Sparring effectively (3 rounds minimum)		
Brown	Yellow	Reverse upset punch (rein.)	Rev. punch in fixed stances	Elbow strike (jumping)
	Green	Meaning of form	Tying Belt	Double ridge-hand (low)
	Blue	Perform Hwa-Rang		
	Red	Board breaking	One approved hand tech.	One approved foot tech.
Brown Sr.	Yellow	360° front kick	360° round kick	
	Green	Sparring effectively (3 rounds minimum)		
	Blue	Hwa-Rang (improved)		
	Red	Board breaking (opp. side)		
Red	Yellow	Knife hand hi block/strike	Rev. Ridge-hand strike (rein.)	360° Jump double knife-hand block
	Green	Meaning of form	Tying Belt	Back-fist / low block (back stance)
	Blue	Perform Choong-Moo		
	Red	360° Crescent	360° Side kick	
Red Sr.	Yellow	360° Heel	360° Hook	
	Green	Ki-Bon, Dan-Gun	Do-San, Won-Hyo	
	Black	Black Belt Essay	Jr's 500 words/ Adult's 750 words	Interview
	Blue	Choong-Moo (Improved)		Tying belt properly
Red	Physical calisthenics			
1 st Prob.	Yellow	White, Yellow, Orange One-steps		
	Green	Meaning of form	Tying belt properly	
	Blue	Perform Gwan-Gae		
	Red	Yul-Guk, Joong-Gun	Hwa-Rang, Choong-Moo	
1 st Recom.	Yellow	Sparring effectively (4 rounds minimum)		
	Green	Physical calisthenics	Tying belt properly	
	Blue	Gwan-Gae (improved)		
	Red	Five previous (inst choice)		