

# Stripe Requirements

BELT	STRIPE	REQUIREMENTS		
White	Yellow	Stances	Low, high, inner forearm block	Front, crescent & side kicks
	Green	Meaning of form		
	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 combos (student choice)	Adults 5, juniors 3	
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 combos	with required kicks	Jr's 3 / Adult's 5
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 combos	Jr's 3 / Adult's 5	(4 or more techniques)
	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 <sup>st</sup> 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 <sup>st</sup> Recom.	Yellow	Sparring effectively (4 rounds)		
	Green	Physical calisthenics	Tying belt properly	
	Blue	Gwan-Gae (improved)		
	Red	Five previous (inst choice)		