



# Promotion Test Requirements

## Poomse

(Must demonstrate all previous Poomsae)

**White Belt:** None

**Yellow Belt:** Taegeuk 1 (Il Jang)

**Orange Belt:** Taegeuk 2 (Ee Jang)

**Green Belt:** Taegeuk 3 (Sam Jang)

**Blue Belt:** Taegeuk 4 (Sa Jang)

**Purple Belt:** Taegeuk 5 (Oh Jang)

**Brown Belt:** Taegeuk 6 (Yook Jang)

**Red Belt:** Taegeuk 7 (Chil Jang)

**Deputy Belt:** Taekgeuk 8 (Pal Jang)

**Black Belt 1st Poom/Dan:** Taegeuk 1-8, Koryo

## Board Breaking

(RL=rear leg; FL=front leg)

**White Belt:** Axe kick (RL), front kick (RL), middle punch

**Yellow Belt:** Round kick (RL), axe kick (FL), hammer fist

**Orange Belt:** Side kick (FL), round kick (FL), palm strike

**Green Belt:** Side kick (RL), back kick, back fist

**Blue Belt:** Hook kick (RL), knife-hand strike, inverted knife-hand strike

**Purple Belt:** Flying side kick, jump round kick, elbow strike

**Brown Belt:** Hook kick (FL), flying jump front kick, downward knife hand strike

**Red Belt:** Spinning round kick, jumping turning back kick, ridge hand strike

**Red High Belt:** Master's Choice

**Black Belt:** Master's & Candidate's Choice

## One Step Sparring

(Must demonstrate all previous One Step)

### White Belt

- Step back, Low block, step forward, punch
- Step back, high block, step forward, punch

### Yellow Belt

- Step back, inside block, step forward, punch
- Step back, high block, front kick, punch

### Orange Belt

- Step back, inside block, FL side kick
- Step back, low block, front kick, punch

### Green Belt

- Step back, low block, front kick, double punch
- Step back, knife-hand block, punch

### Blue Belt

- Step back, high knife hand block, knife hand strike
- Step back, reverse block, front kick, inside block

### Purple Belt

- Step back, knife hand block, grab, elbow strike
- Step back, wrist release, hammer fist

### Brown Belt

- Step back, knife hand block, grab, round kick back
- Step back, palm block, punch
- Step back, low block, front kick, reverse block

### Red Belt

- Step back, palm block, front kick, inside block
- Step back, double outside block, knee strike
- Step back, palm block, step forward, back fist

### Deputy Belt

- 10 one step sparring techniques of your choice

### Black Belt

- 20 one step sparring techniques of your choice

## Self Defense

(Must demonstrate all previous Self Defense)

### White Belt

- Two wrist grabs

### Yellow Belt

- Two shoulder grabs

### Orange Belt

- Choke & hair grab

### Green Belt

- Two sweeps

### Blue Belt

- Headlock standing & bent over

### Purple Belt

- Two punch defenses with take down

### Brown Belt

- Two shoulder push defense

### Red Belt

- Two defense for behind bearhug

### Deputy Belt

- Two floor defense
- Two seated defense

### Black Belt

- 10 self defense techniques of your choice

**Note:** Red belts and above are required to write essays or reports on instructor's chosen topic.

**Note:** Color belt promotion tests run about 1.5 hours while Deputy belt & black belt tests are 4 hours in





# Promotion Test Requirements

## Physical Skill

- White Belt:** Balance
- Yellow Belt:** Relaxed/tension
- Orange Belt:** Use of hip for power
- Green Belt:** 10 push ups, 20 squats, 100 crunches
- Blue Belt:** 10 push ups, 35 squats, 200 crunches
- Purple Belt:** 15 push ups, 50 squats, 300 crunches
- Brown Belt:** 20 push ups, 60 squats
- Red Belt:** 25 push ups, 70 squats
- Deputy Belt:** 30 push ups, 80 squats
- Black Belt 1st Poom/Dan:** 🍌 😊

## Mental Skill

- White Belt:** Define Stress Management
- Yellow Belt:** Define Positive Self Talk
- Orange Belt:** Define Growth Mindset
- Green Belt:** Define Grit/Deliberate Practice
- Blue Belt:** Define Goal Setting
- Purple Belt:** Define Imagery
- Brown Belt:** Define Mindfulness Meditation
- Red Belt:** Define Energy Management
- Red High Belt:** Review/All
- Black Belt:** 🧠 😊

## Korean Terminology

(Must know all new & previous terminology)

### All Belts

- Master, Instructor, Attention, bow, Ready, yell, uniform, belt, school, begin, stop

### White Belt

- 1-10, Korean terms of new techniques

### Yellow Belt

- 11-20, Korean terms of new techniques, meaning of Poomsae

### Orange Belt

- 21-30, Korean terms of new techniques, meaning of Poomsae, 1 of 5 tenets

### Green Belt

- 31-40, Korean terms of new techniques, meaning of Poomsae, 2 of 5 tenets

### Blue Belt

- 41-50, Korean terms of new techniques, meaning of Poomsae, 3 of 5 tenets

### Purple Belt

- Korean terms of new techniques, meaning of Poomsae, 4 of 5 tenets

### Brown Belt

- Korean terms of new techniques, meaning of Poomsae, 5 of 5 tenets

### Red Belt

- Korean terms of new techniques, meaning of Poomsae, 5 of 5 tenets

### Deputy Belt

- Korean terms of new techniques, meaning of Poomsae, 5 of 5 tenets , Review All

### Black Belt

- All of the above

## New Techniques

(Must also know Korean terminology of these techniques)

### White Belt

- Low/high Blocks, Walking stance , Punch, Round, front, axe kicks

### Yellow Belt

- Outside/Inside Blocks, Middle stance, Hammer strike, Inside/outside crescent kicks

### Orange Belt

- Reverse outside block fist/knife hand, Front stance, Palm strike, Side kick, step side kick, skip round

### Green Belt

- Palm block, Back stance, Back-fist, Hook kick, back kick, side kick

### Blue Belt

- Knife-hand strike, Knife hand block, Spinning hook, spinning crescent

### Purple Belt

- Elbow strike, Flying side kick, jump round kick

### Brown Belt

- Spear hand strike, flying jumping front, jumping axe

### Red Belt

- Ridge hand strike, spinning round, jumping turning back kick

### Deputy Belt

- All of the above plus jump spinning hook, jump spinning crescent kick, flying scissor kick

### Black Belt

- All of the above

