



Promotion Test Requirements

Poomse

(Must demonstrate all previous Poomsae)

White Belt: Poomsae basics

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), spinning hook kick, 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

Notes:

Note:

- Children require a recent school report card.
- Color belt promotion tests run about 1.5 hours while Deputy belt & black belt tests are 4 hours in duration.
- Black belts 1st dan have a multiple choice exam.

Essays: Red belt (1000 on TKD history); Deputy (1000-2000 on TKD Tenants)





Promotion Test Requirements

Physical Skill

White Belt: 10 sec on each foot

Yellow Belt: 1 push up, 5 squats

Orange Belt: 5 push ups, 10 squats

Green Belt: 10 push ups, 20 squats, 100 crunches

Blue Belt: 10 push ups, 40 squats, 30 leg raises

Purple Belt: 15 push ups, 50 squats, 40 leg raises

Brown Belt: 20 push ups, 60 squats, 50 leg raises

Red Belt: 25 push ups, 70 squats, 45 sec side plank

Deputy Belt: 30 push ups, 80 squats, 1 min side plank

Black Belt 1st Poom/Dan: 🍌 😊

Mental Skill

White Belt: Define Balance & Stress Management

Yellow Belt: Define Relaxation/tension, Positive Self Talk

Orange Belt: Define use of hip for power, 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, front stance

Yellow Belt

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

Orange Belt

- Knife hand strike, Palm strike, Side kick, step side kick, skip round kick, back stance

Green Belt

- Palm block, Back-fist, Hook kick, back kick, jump front kick, jump axe kick

Blue Belt

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

Purple Belt

- Elbow strike, Flying side kick, jump round kick, double round kick

Brown Belt

- Spear hand strike, jump spinning hook, jump spinning crescent kick, double jump front kick

Red Belt

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

Deputy Belt

- All of the above plus 1 trick kick like flying scissor kick, multiple flying front kicks, flying back kick, etc

Black Belt

- All of the above

