



Rank Promotion Requirements

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

Physical Skill

White Belt: 10 sec on each foot

Yellow Belt: 1 push up, 5 squats, 25 crunches

Orange Belt: 5 push ups, 10 squats, 50 crunches

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: 🍌😄

Board Breaking

(RL=rear leg; FL=front leg)

White Belt: Axe Kick (RL), Front Kick (RL), Punch

Yellow Belt: Round Kick (RL), Axe Kick (FL), Front Kick (FL)

Orange Belt: Side Kick (FL), Round Kick (FL), Palm strike

Green Belt: Side Kick (RL), Back Kick, Knife-Hand Strike

Blue Belt: Hook Kick (RL), Step Side Kick, Back Fist

Purple Belt: Step Round Kick, Hammer Strike, Elbow Strike

Brown Belt: Hook Kick (FL), Spinning Hook Kick, Downward Knife Hand Strike

Red Belt: Tornado Kick, Jump Back Kick, Ridge Hand Strike

Red High Belt: Master's Choice

Black Belt: Master's & Candidate's Choice

Mental Skill

White Belt: Stress Management

Yellow Belt: Positive Self Talk

Orange Belt: Growth Mindset

Green Belt: Deliberate Practice

Blue Belt: Goal Setting

Purple Belt: Imagery

Brown Belt: Mindfulness Meditation

Red Belt: Energy Management

Red High Belt: Review/All

Black Belt: 🧠😄

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)

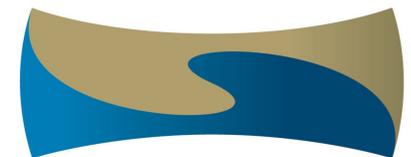
Purple Belt: Taegeuk 5 (Oh Jang)

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



KUKKIWON
WORLD TAEKWONDO HEADQUARTERS



Rank Promotion Requirements

New Techniques (Must also know Korean terminology of these techniques)

Rank	Formal Requirements	“Preview” Techniques
White	Low Block, Walking Stance, Punch, Front Kick, Axe Kick	Front stance, Round Kick
Yellow	High Block, Inside Block, Front Stance, Round Kick	Side Kick, Palm Strike
Orange	Outside Block, Inside/Outside Crescent Kick, Side Kick, Palm Strike	Back Stance, Inverted Knife-Hand Strike, Knife-Hand Block
Green	Inverted/Regular Knife-Hand strike, Knife-Hand Block, Back Stance, Back kick	Double Knife-Hand Block, Inverted Back-Fist, Spear-Hand Strike
Blue	Double Knife-Hand Block, Poomsae/Regular Back Fist, Spear-Hand Strike, Step Side Kick, Hook Kick	Hammer Strike, Elbow Strike, Side-Kick/Punch, Cross Stance
Purple	Hammer Strike, Elbow Strike, Step Round Kick, Side-Kick/Punch, Cross Stance/ Stomp	Single Reverse Outside Block, Palm Block
Brown	Single Reverse Outside Block, Palm Block, Downward Knife-Hand Strike, Spinning Hook Kick	Tiger stance, Double Low Knife-Hand Block, Scissor Block, Double Reverse Outside Block
Red	Double Knife Hand Low Block, Double Reverse Outside Block, X Block, Scissor Block, Ridge Hand Strike, Tiger Stance, Tornado Kick, Jump Back Kick	Diamond Stance, Mountain/Low Block
Deputy	Mountain/Low Block, Double Reverse Outside Block, Double Low Block, Single/ Double Jump Front Kick, Diamond Stance	Double Side Kick
Black	All of the above + Some 🥊	

Note:

- Children are required to bring a recent school report card to rank promotion.
- Color belt promotion tests run about 1-1.5 hours while black belt tests are 4 hours in duration.
- Black belts 1st dan have a multiple choice written exam.

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

