



# BELT STRIPE REQUIREMENTS



| <b>WHITE BELT</b> |                                       |
|-------------------|---------------------------------------|
| 1                 | Step behind side kick (both legs)     |
| 2                 | Stances: Front/Back/Sitting/Ready     |
| 3                 | Blocks: High/Low/Inner forearm        |
| 4                 | Kicks: Front/Side/Crescent            |
| 5                 | Form (Name, Demonstrate, # of moves)  |
| 6                 | One - Steps (1-3: Kids) (1-5: Adults) |

| <b>YELLOW BELT</b> |   |
|--------------------|---|
| 1                  | New blocks with proper stances:<br>Dbl knifehand/Square/Outer |
| 2                  | Kicks: Spin Side/Spin Crescent/Round                          |
| 3                  | Tenets of Taekwondo   |
| 4                  | Form (Name, Demonstrate, # of moves)                          |
| 5                  | One - Steps (1-3: Kids) (1-5: Adults)                         |
| 6                  | Ready to Test   |

| <b>ORANGE BELT</b> |   |
|--------------------|---|
| 1                  | Front stance shift/spin backfist land in front stance |
| 2                  | Jump Kicks: Front/Side/Round                          |
| 3                  | Student Oath  |
| 4                  | Form (Name, Demonstrate, # of moves)                  |
| 5                  | Sparring Combos                                       |
| 6                  | Ready to Test   |

| <b>SENIOR ORANGE BELT</b> |  |
|---------------------------|--|
| 1                         | Tie your own belt  |
| 2                         | Slow (3 secs) and fast Round and Side Kicks (knowing the difference) |
| 3                         | Stop instructor with side kick (shield)                              |
| 4                         | Sparring Combos vs Instructor  |
| 5                         | Form (Demonstrate, Name, # of moves)                                 |
| 6                         | Ready to Test  |

| <b>GREEN BELT</b> |   |
|-------------------|---|
| 1                 | Hook Kick: #1, #2 and Sliding   |
| 2                 | New blocks with proper stances:<br>Double fist, Reverse inner, Reverse chop |
| 3                 | #1 Left Side kick from closed/<br>#2 Right Side land in closed              |
| 4                 | Form (Name, # of moves, Demonstrate)  |
| 5                 | Free spar 2 rounds (2 minutes each)   |
| 6                 | Ready to Test   |

| <b>SENIOR GREEN BELT</b> |  |
|--------------------------|--|
| 1                        | Kicks: Spin heel/Spin hook                                     |
| 2                        | Timing of second half of form with landing (block, kick punch) |
| 3                        | Spar effectively with only using combos (3 moves or more)      |
| 4                        | Board Breaking (Hand or foot)                                  |
| 5                        | Form (Demonstrate, Name, # of moves)                           |
| 6                        | Ready to Test  |

| <b>PURPLE BELT</b> |  |
|--------------------|--|
| 1                  | Kicks: Jump spin side and crescent                   |
| 2                  | New blocks with proper stances                       |
| 3                  | Side kick elbow smash (both sides like form)         |
| 4                  | Spar effectively only using combos (3 moves or more) |
| 5                  | Form (Demonstrate, Name, # of moves)                 |
| 6                  | Ready to Test  |

| <b>SENIOR PURPLE BELT</b> |  |
|---------------------------|--|
| 1                         | Kicks: Jump spin hook and heel                       |
| 2                         | Form (stances only)                                  |
| 3                         | Tenets/Oath/Tie Your Belt                            |
| 4                         | Spar effectively only using combos (4 moves or more) |
| 5                         | Form (Demonstrate, Name, # of moves)                 |
| 6                         | Ready to Test  |



# BELT STRIPE REQUIREMENTS



| <b>BLUE BELT</b> |  |
|------------------|--|
| 1                | Kicks: Butterfly/Axe   |
| 2                | New blocks with proper stances from form<br>Dbl inner/Dbl fist/Ridgehand/C block |
| 3                | All kicks and stance landing from form   |
| 4                | Board Breaking: Side and Front Kicks   |
| 5                | Form (Name and Demonstrate)  |
| 6                | Ready to Test (Form/Spar 2)  |

| <b>BROWN BELT</b> |  |
|-------------------|--|
| 1                 | Kicks: 360 side/Spin round kick  |
| 2                 | #1 Right Side to knifehand in back/<br>#2 Round, #2 Round land dbl knifehand |
| 3                 | New blocks with stances from form  |
| 4                 | Testing board breaks   |
| 5                 | Form (Name and Demonstrate)  |
| 6                 | Ready to Test (Form/Spar 3/Boards)   |

| <b>RED BELT</b> |  |
|-----------------|--|
| 1               | Kicks: 360 crescent/Rapid fire round   |
| 2               | Flying side kick land w/ dbl knifehand |
| 3               | All kicks from form                    |
| 4               | Form (Name and Demonstrate)            |
| 5               | Testing Board Breaks/Spar Instructor   |
| 6               | Ready to Test (Form, Spar 3, Boards)   |

| <b>PROBATIONARY BLACK BELT</b> |   |
|--------------------------------|---|
| 1                              | Kicks: Every spin and jump kicks                                      |
| 2                              | Double side land reverse chop/<br>Spin crescent land sitting backfist |
| 3                              | New testing board breaks  |
| 4                              | Spar effectively only using combos<br>(4 moves or more)               |
| 5                              | Form (Demonstrate, Name)  |
| 6                              | Ready to Test   |

| <b>SENIOR BLUE BELT</b> |  |
|-------------------------|--|
| 1                       | Kicks: 360 front/360 round                                   |
| 2                       | Form (stances only)  |
| 3                       | Spar effectively with using only combos<br>(4 moves or more) |
| 4                       | Board Breaking: 2 different hand techniques                  |
| 5                       | Form (Name/Demonstrate/# of moves)                           |
| 6                       | Ready to Test (Form/Spar 3)                                  |

| <b>SENIOR BROWN BELT</b> |   |
|--------------------------|---|
| 1                        | Kicks: 360 hook/360 heel                    |
| 2                        | Form (stances only)                         |
| 3                        | #1 Right Side Kick hold for 3 seconds       |
| 4                        | Spar 2 rounds vs instructors or black belts |
| 5                        | Form (Demonstrate, Name, # of moves)        |
| 6                        | Ready to Test (Form/Spar 3/Boards)          |

| <b>SENIOR RED BELT</b> |                                      |
|------------------------|--------------------------------------|
| 1                      | Kicks: Every basic kick (#1 or #2)   |
| 2                      | Form (stances only)                  |
| 3                      | 2 on 1 sparring for 60 seconds       |
| 4                      | Form Side Kicks (hold for 3 seconds) |
| 5                      | Form (Demonstrate, Name, # of moves) |
| 6                      | Ready to Test                        |

| <b>RECOMMENDED BLACK BELT</b> |                                      |
|-------------------------------|--------------------------------------|
| 1                             | Kicks: Every Jump spin and 360 kicks |
| 2                             | Form (stances only)                  |
| 3                             | Tenets/Oath/Tie Your Belt/20 pushups |
| 4                             | Assist teaching for one class        |
| 5                             | Form (Demonstrate, Name, # of moves) |
| 6                             | Ready to Test                        |