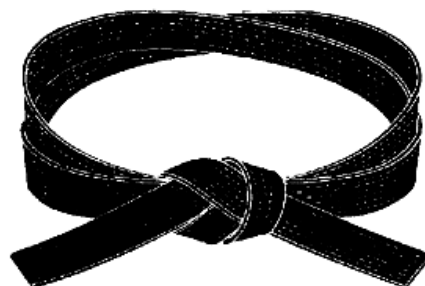


Promotion Regulations AND Technical Requirements



Here are basic hints for the exam

➤ **Promotion Etiquette MUST:**

- ✓ *Be on time be sure your uniform is clean and MUST have association (ASKA) patch on uniform.*
 - ✓ *ASKA, Sport Karate and US Flag patch is on the left side of uniform.*
 - ✓ *Test fee is due at exam (test fee includes belt and certificate)*
- **Age and physical** *Limitations must be taken into consideration, but not used as an excuse for not trying or being incapable of doing the techniques correctly.*
 - **Basic Fundamentals** *Concentration. Focus. Accuracy. Power. Speed. Coordination. Timing. Reaction force. Tight fist. Foot position. Balance. Flexibility. Range distance. Extension. Fold. Hip. Shoulder. Posture and Endurance.*
 - **Students testing for their Black Belt:** *Students unwilling to put forth the effort or incapable of performing at minimum requirements due to lack of motivation during testing will fail.*
 - **Stances:** *The student should maintain a stance with knees bent in the range of 45 to 90 degree angle. Feet should also be positioned correctly. Back legs should be locked with the heels on the ground for front stances.*
 - **Hand position:** *Hand position should no longer be questionable, rather the completeness of the technique. Each part of the body has to work together: footwork, reaction force, accuracy, breathing, and balance of power to complete each technique.*
 - **Kicks:** *Leg position should be correct for all kicks, balance, flexibility, posture, extension and set should be the focus.*
 - **Power:** *Reaction force is mandatory. The important factor should be the body and mind working together to complete the technique. The body should be relaxed until the moment of impact when the entire body tightens up, this will be evident when the uniform pops.*
 - **Range and distance:** *Students accuracy and control should be adequate enough which the student will be able to stop a technique one to six inches from its target.*

Hien Pham

President & CEO

Master Examiner of all Black Belts



Remember!!!!

**"It is not how long you have been training that counts
but how honestly you have been training that matters"**



9 Gup: Yellow Belt

8 Gup: Yellow High

- Promotion regulations / Technical requirements:
- Must attend 15 classes including these techniques

Terminology:

Chum Be => Ready

Cha ryut => Attention

Kyung yet => Bow

Ahn-Jo => Kneel

Muk-Yen => Meditate

Pa do => Return

Se-Jak => Begin

➤ In place/step up & step though

Punches:

Straight fist – Straight fist

Reverse upset

Reverse punch

Lunge punch

Vertical fist (high-low)

Back fist

Blocks:

High block

Low block

Outside block

Inside block

Kicks:

Front kick

Round-house kick

Side kick

Sparring:

3 Step sparring (3 different hand combinations on counter attack)

Forms: (Plus meaning)

1, Ki-Bon

2, Chon-Ji





7 Gup: Orange Belt

- Promotion regulations / Technical requirements:
- Must attend 20 classes from previous promotion and including these techniques.

➤ **Techniques: In place/step up & step though**

Punches:

Straight fist – Straight fist
Reverse upset
Reverse punch
Lunge punch
Vertical fist (high-low)
Back fist
Hammer fist

Blocks:

High block/Low block
Outside block/Inside block
Knife hand block
Double knife hand block

Kicks:

Front kick
Round-house kick
Side kick
Back kick
Axe kick

Sparring:

3 Step sparring
2 Step sparring

Forms: (Plus forms meaning)

1, Ki-Bon
2, Chon-Ji
3, Tan-Gun





6 Gup: Purple Belt

- Promotion regulations / Technical requirements:
- Must attend 25 classes from previous promotion and including these techniques.

➤ **Techniques: In place/step up & step though**

Punches: All previous and

Finger spear

Palm strike

Ridge-hand strike

*Double punch **high** and double punch **low***

Blocks:

High block / Low block

Inside block / Outside block

Inside/outside knife hand chop/strike

*Double knife hand block **high** and **low***

X block high/ X block low

Kicks: All previous

Crescent kick (inside/outside)

Turn back kick

Hook kick

4way kick

Sparring:

3 Step sparring (All elements, speed, power, and range)

2 Step sparring (Should be able to show the ability to defend)

1 Step sparring

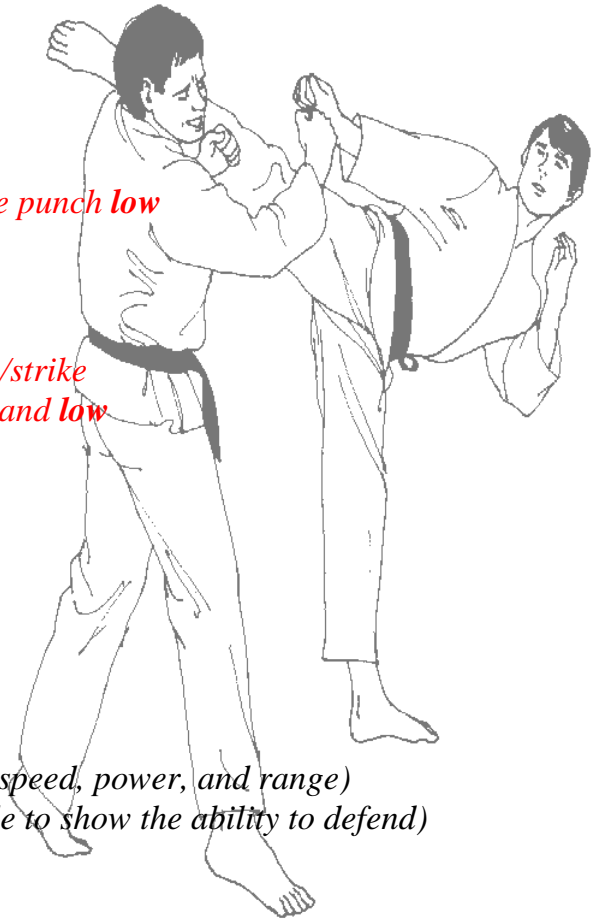
Forms: (Plus forms meaning)

1, Ki-Bon

2, Chon-Ji

3, Tan-Gun

4, To-San





5 Gup: Green Belt

- Promotion regulations / Technical requirements:
- Must attend 30 classes from previous promotion and including these techniques.

➤ **Techniques: In place/step up & step though**

Punches: *All previous*

Blocks: *All previous*

Kicks: *All previous and*

Front hand chop or strike / Rear ridge hand

Front hand straight fist / rear hand elbow

All three variations upper body techniques

*All double step (step up **then** step though)*

Step up kicks turn step through kicks

Spinning swing kick

Spinning hook kick

Side + spin back

Sparring:

3 Step sparring

2 Step sparring

1 Step sparring

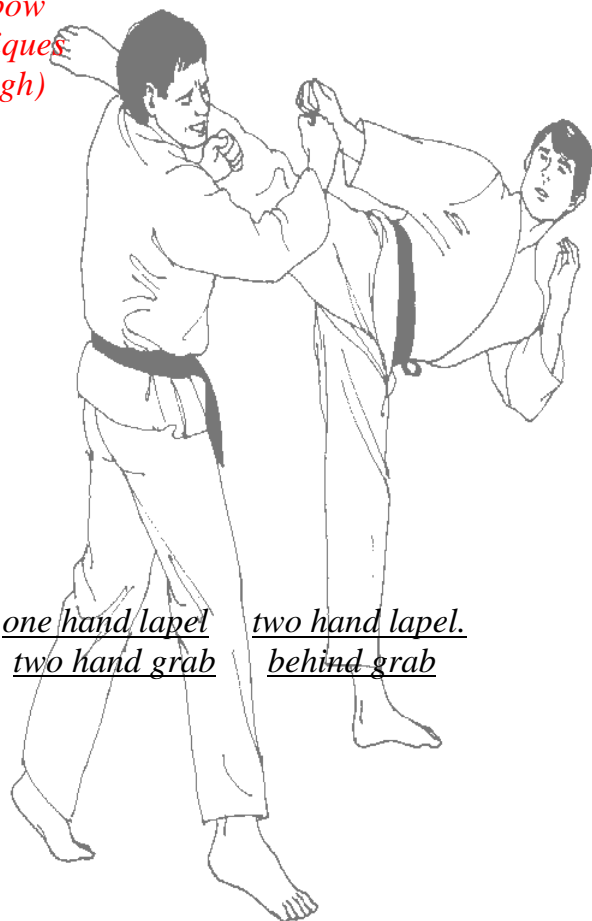
Self-defenses:

Grabs and Releases (5x)

Same hand across hand one hand lapel two hand lapel.

Two hand on one hand grab two hand grab behind grab

Choke break



Forms: (Plus forms meaning)

1, Ki-Bon

2, Chon-Ji

3, Tan-Gun

4, To-San

5, Won-Hyo



4 Gup: Blue Belt

- Promotion regulations / Technical requirements:
- Must attend 40 classes from previous promotion and including these techniques.

➤ **Techniques:**

Stances: *All previous*

Punches: *All previous*

Blocks: *All previous*

Sparring: *(3, 2, 1 all previous)*

Self-defenses:

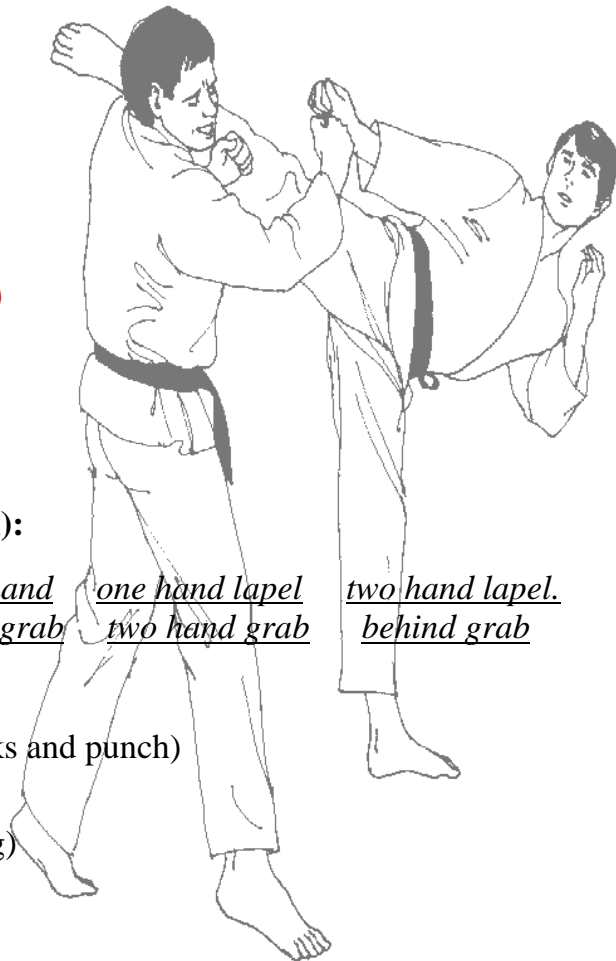
- ✓ **Grabs and Releases (5x):**

Same hand across hand one hand lapel two hand lapel.
Two hand on one hand grab two hand grab behind grab
Choke break

- ✓ **Take Downs:** (from kicks and punch)

Forms: (Plus forms meaning)

- 1, Ki-Bon
- 2, Chon-Ji
- 3, Tan-Gun
- 4, To-San
- 5, Won-Hyo
- 6, Yul-Kol





3 Gup: Red Belt

- Promotion regulations / Technical requirements:
- Must attend 50 classes from previous promotion and including these techniques.

Techniques:

Jump kick (front, round and side)
Jump spinning 360 kick
Jump specialty kick
Defense set in place kicks (front, round and side)
Defense in place jump kicks from Chum-Be (front, round and side kick)
Offensive kick sets
(front, round, side, back, crescent kick, hook, axe and swing)

Sparring:

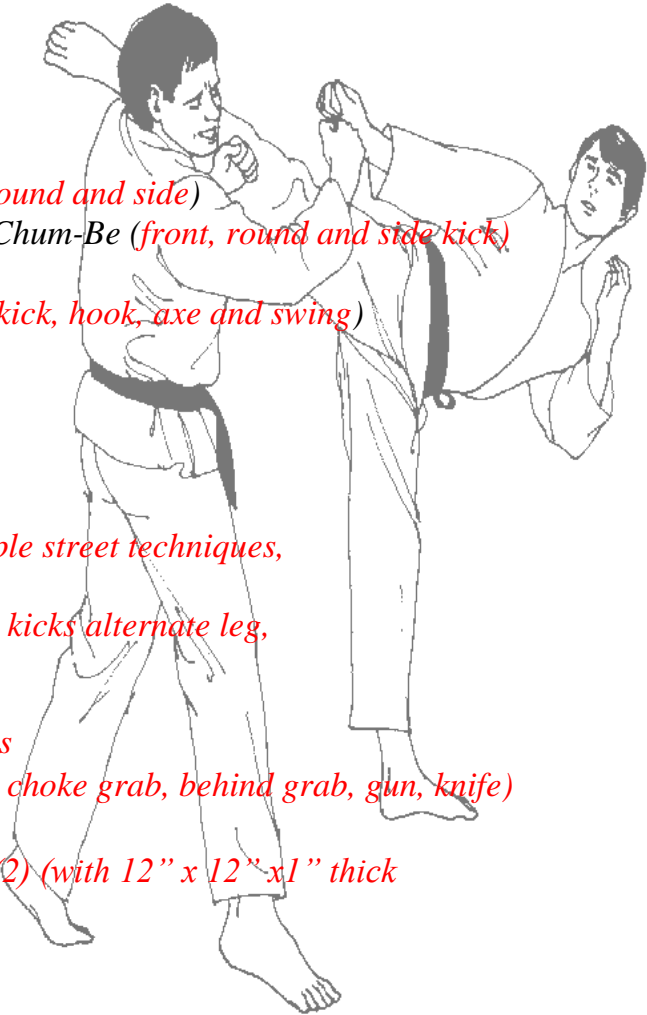
3 Step sparring
2 Step sparring
1 Step sparring
✓ *One street technique, multiple street techniques,*
✓ *Hand only, hands and feet,*
✓ *Two kick same leg, and two kicks alternate leg,*

Self-defenses:

Grabs and Releases: All previous
Take downs: (punch, kicks, grab, choke grab, behind grab, gun, knife)
Escape ground control:
Board breaking: Hands (2) feet (2) (with 12" x 12" x 1" thick
#2 pine wood

Forms: (Plus forms meaning)

1, Ki-Bon
2, Chon-Ji
3, Tan-Gun
4, To-San
5, Won-Hyo
6, Yul-Kol
7, Chun-Gun





2 Gup: Brown Belt II

- Promotion regulations / Technical requirements:
- Must attend 60 Classes from previous promotion and including these techniques.

➤ **Techniques:**

Terminology: *All*

Warm-up stretch exercises: *All*

Fitness: *100%*

Stances: *All previous*

Punches: *All previous*

Blocks: *All previous*

Kicks: *All previous*

Jump kicks: *All previous*

Defense kicks set: *All previous*

Offensive kicks set: *All previous*

Three step sparring: *All previous*

Board breaking: *All previous*

Self-defenses:

Grabs and Releases: *All previous*

Take downs: : *(punches, kicks, grab, choke grab, behind grab, gun, knife)*

Escape ground control:

Sparring *(one on one, two on one & three on one)*

Forms: (Plus forms meaning)

1, *Ki-Bon*

2, *Chon-Ji*

3, *Tan-Gun*

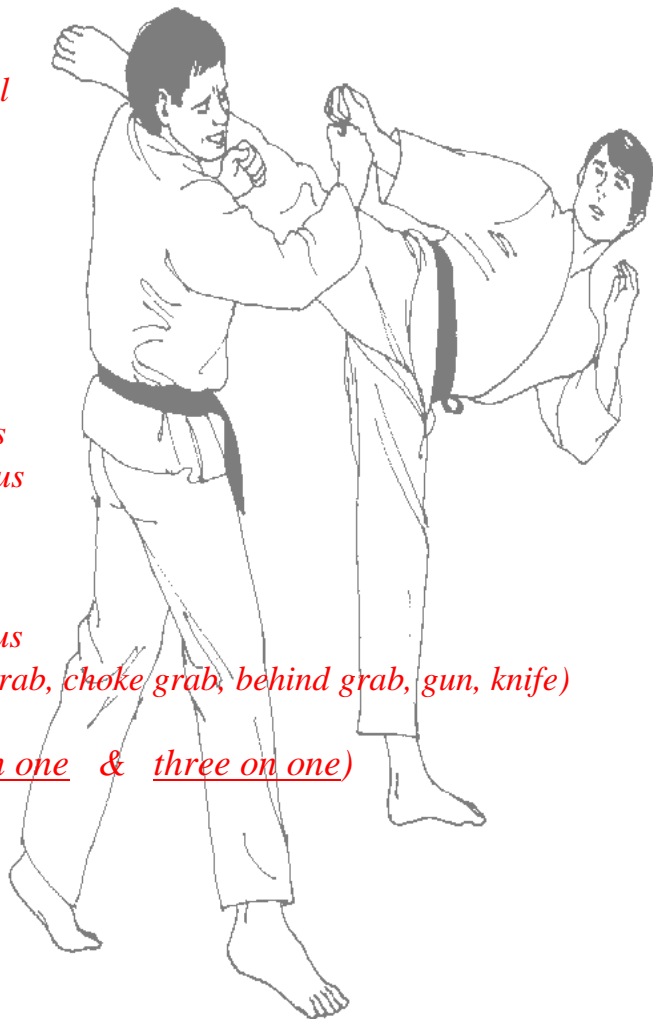
4, *To-San*

5, *Won-Hyo*

6, *Yul-Kol*

7, *Chun-Gun*

8, *Toi-Gye*





1Gup: Brown Belt I

- Promotion regulations / Technical requirements:
- Must attend 80 from previous promotion and including these techniques.

➤ **TechniquesAll:**

Terminology: *All*

Warm-up stretch exercises: *All*

Fitness: *100%*

Stances: *All previous*

Punches: *All previous*

Blocks: *All previous*

Kicks: *All previous*

Jump kicks: *All previous*

Defense kicks set: *All previous*

Offensive kicks set: *All previous*

Three step sparring: *All previous*

Board breaking: *All previous*

Self-defenses:

Grabs and Releases: *All previous*

Take downs: *(punches, kicks, grab, choke grab, behind grab, gun, knife)*

Escape ground control:

Sparring *(one on one, two on one & three on one)*

Forms: (Plus forms meaning)

1, *Ki-Bon*

2, *Chon-Ji*

3, *Tan-Gun*

4, *To-San*

5, *Won-Hyo*

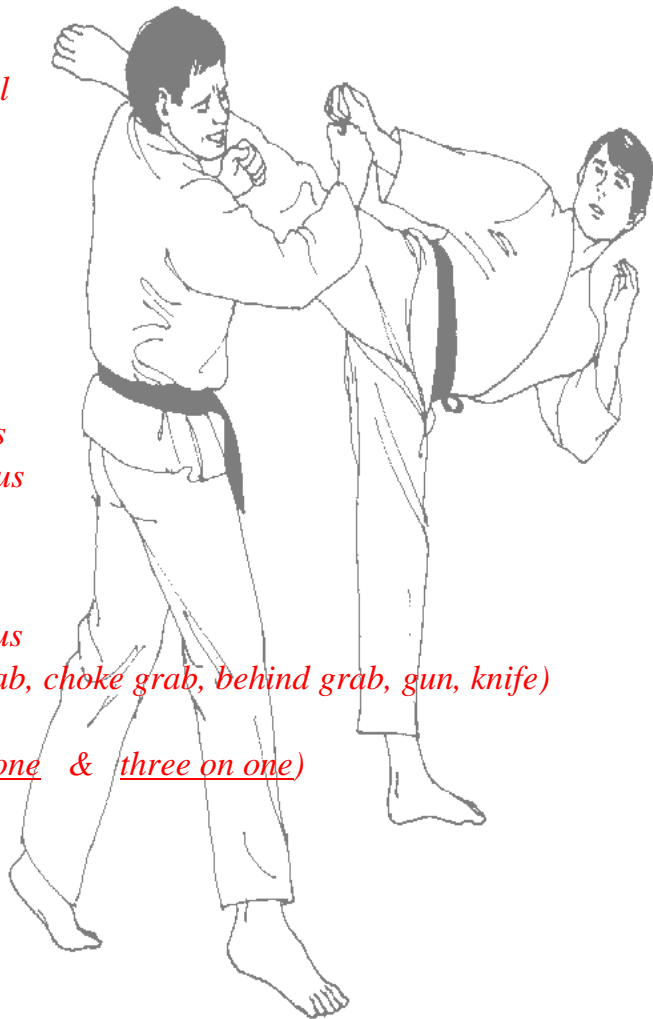
6, *Yul-Kol*

7, *Chun-Gun*

8, *Toi-Gye*

9, *Hwa-Rang*

10, *Chung-Mu*



Forms Meaning

1. **Ki-Bon:** *Basic Tension*
2. **Chon-Ji:** *Heaven and Earth*
3. **Tan-Gun:** *Legendary Founder of Korea*
4. **To-San:** *Educator and Philosopher who Introduced the First Public School System in Korea*
5. **Won-Hyo:** *Monk who introduced Buddhism to the Silla Dynasty*
6. **Yul-Kok:** *Confucius of Korea*
7. **Chun-Gun:** *Famous Patriot and Political Assassin*
8. **Toi-Gye:** *Pen Name of a Noted Scholar Yi Whang, Authority of Neo-Confucianism*
9. **Hwa-Rang:** *Elite Military Youth Corp*
10. **Chung-Mu:** *Admiral of First Korean Armored Battleship*
11. **Kwan-Gae:** *19th King of the Koguryo Dynasty*
12. **Po-Eun:** *Faithful Public Servant for the King in the Koryo Dynasty*
13. **Ge-Beak:** *Loyal Army General of Bak-Jai Dynasty*
14. **Yoo-Sin:** *General Kim Yoo Sin, a commanding general during the Silla Dynasty*
15. **Se-Jong:** *The Greatest Korean King, Se- Jong, who invented the Korean alphabet in 1443*
16. **Ui-Ji:** *A General Ul-Ji Moon Dok, who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D.*
17. **Sam-IL:** *Denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919*
18. **Choi-Yong:** *Named General Choi Yong, premier and commander in chief of the armed forces during the 14th century Koryo Dynasty*
19. **Ko-Dang:** *Who dedicated his life to the Korean Independence Movement and to the education of his people*
20. **Choong-Jang:** *The Pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty.*
21. **Tong-IL:** *Denotes the resolution of the unification of Korea which has been divided since 1945*



Dan Levels Testing and Promotion

Requirements from the Member School Manual

Student's Eligibility to Test

All students of an affiliated Taekwon-Do International school are entitled to participate in belt testings sponsored by the Member Schools. They must be members of good standing at the Member Schools and have completed the minimum requirements for the grade level they request. These requirements include proficiency in the required patterns, step sparring, sparring and breaking, as well as “time-in-rank” (explained below) and a minimum age requirement. Continuing character development consistent with the five tenets of Taekwon-Do (**courtesy, integrity, perseverance, self-control, and indomitable spirit**) is also a significant part of the achievement required at each grade level.

Lower belt students may test about every Three months. Black Belt students in Taekwon-Do International must satisfy a minimum time (or “time-in-rank”) requirements as follows:

Japan Karatedo	Testing From	Testing To	Minimum Time in Rank	Minimum Age
Sho-dan	1st Degree	2nd Degree	2 years	18
Ni-dan	2nd Degree	3rd Degree	2 years	21
San-dan	3rd Degree	4th Degree	3 years	27
You-dan	4th Degree	5th Degree	4 years	30
Go-dan	5th Degree	6th Degree	5 years	34
Rku-dan	6th Degree	7th Degree	6 years	39
Shichi-dan	7th Degree	8th Degree	6 years	45
Hachi-dan	8th Degree	9th Degree	8 years	53
Ky-dan	9th Degree	10th Degree	10 years	60

Examiner Rank Requirements:

Under Taekwon-Do International by-laws, the following Black Belt ranks may conduct grade tests:

