

*A Journey of 10,000 Miles Begins
With Your First Step*

Requirements for 9th Gup (Yellow Stripe)

I. Horse Riding Stance –Middle Punch

II. Kicks

1. Limbering Up
2. Front Snap Kick

III. Basics

1. Front Stance
 - a. Low Block
 - b. Middle Punch

IV. Poomse (forms)

1. Kicho (Basic) 1

Requirements for 8th Gup -Yellow Belt

I. Horse Riding Stance –Double Punch

II. Kicks

1. Inner Crescent
2. Roundhouse Kick

III. Basics

Front Stance

1. Inner Block
2. Outer Block
3. Rising Block
4. Knife Hand Strike

IV. Poomse (forms)

1. Taeguk II (1st) Jang

V. Combinations

1. Front Kick, Roundhouse Kick, Double Punch, Kihap

Requirements for 7th Gup - Green Stripe

I. Horse Riding Stance –Triple Punch

II. Kicks

1. Outer Crescent
2. Side Kick

III. Basics

Front Stance

1. Low, Inner, Outer and Rising Blocks with Reverse Punch.

Back Stance

1. Outer Block
2. Double Knife Hand Middle Block
2. Double Knife Hand Low Block
3. Double Forearm Middle Block
4. Double Forearm Low Block

IV. Poomse (forms)

1. TaegukYee (2nd) Jang

V. One Step Sparring

1. One thru Four

VI. Combinations

1. Skip Front Kick
2. Skip Roundhouse Kick
3. Skip Side Kick
4. Switch Front Kick
5. Switch Roundhouse kick

Requirements for 6th Gup - Green Belt

I. Kicks

1. Hook Kick
2. Corkscrew kick
3. Back Kick

II. Basics

Back Stance

1. Single Knife Hand Block
2. Outer Forearm Block

Horse Stance

1. Middle Punch (armpit attack)
2. Palm Block – Double Punch - Kihap
3. Elbow Attack – Reverse Knifehand Strike

III. Poomse (forms)

1. Taeguk Sam (3rd) Jang
3. One other form

IV. One Step Sparring

1. Five thru Eight

V. Self Defense

1. Wrist Grabs
 - a. same side, cross grab, both wrists, two handed

VI. Combinations

1. Fake, Spinning Side Kick

VII. Sparring

1. one match

Requirements for 5th Gup - Blue Stripe

I. Basics

Front Stance

1. Spearfinger Thrust
2. Scissors
3. Swallow Tail

II. Poomse (Forms)

1. Taeguk Sah (4th) Jang
2. Two other Forms

III. One Step Sparring

1. Nine thru Twelve

IV. Self Defense

1. Push Defense
2. Lapel grab
3. Front Choke
4. Rear Choke

V. Combinations

1. Front Kick, Roundhouse Kick, Spinning Side Kick, Double Punch
2. Skip Side Kick, Back Kick, other side Back Kick

VI. Breaking

1. One Board with any Kicking Technique

VII. Sparring

1. Two Matches

Requirements for 4th Gup - Blue Belt

I. Kicks – Cat Stance

1. Front Snap Kick
2. Roundhouse Kick

I. Basics

1. Cat stance - Palm Block
2. Front Stance – Spread Block Double Uppercut
3. Back Stance - Double Outer Forearm Block
4. Fighting Stance – Inner Block Backfist, Spin Backfist - Kihap

II. Poomse (Forms)

1. Taeguk Oh (5th) Jang
2. Two other Forms

III. One Step Sparring

1. Thirteen thru Sixteen

IV. Self Defense

1. Back Fall
2. Side Fall
3. Shoulder Roll
4. Sweeps

V. Combination Kicks

1. Roundhouse Kick, Spinning Hook Kick, 360 both sides
2. Jump Front kick

VI Breaking

One Board with any Hand Technique

VII. Sparring

1. Three Matches

Requirements for 3rd Gup - Red Stripe

I. Kicks

1. Double Kicks
 - a. Front-Round
 - b. Double Round (middle-high, high-middle)
 - c. Hook-Round

II. Poomse (Forms)

1. Taeguk Yuk (6th) Jang
2. Two other Forms

III. One Step Sparring

1. Seventeen thru Twenty

IV. Self Defense

1. Bear Hug
2. Hook Punch
3. Straight Punch

V. Combinations

1. Six Kick Combination, both sides

VI Breaking

Adult - Two Boards together with any Kicking Technique

Child - Two Boards separately with 2 Different Kicking Techniques

VII. Sparring

1. Four Matches

Requirements for 2nd Gup - Red Belt

I. Poomse (Forms)

One of the Following:

1. A Creative Form
2. A Weapons form:

II. One Step Sparring

1. Any Five Chosen at Random

III. Self Defense

1. Kick Defense
2. Knife Defense
3. Head Lock

IV. Combinations

1. Inner Crescent, Spinning Crescent, 3 Times Continuous
2. Jump Roundhouse Kick
3. Jump Side Kick Over Pads - Hit Bag

V. The Teacup Exercise

VI Breaking

Adult - Two Boards together with Any Hand Technique

Child - Two Boards separately with 2 Different Hand Techniques

VII. Sparring

1. One Match against 1 opponent
2. One Match against 2 opponents

Requirements for 1st Gup - Black Stripe

I. Kicks

1. Jumping Spinning Crescent Kick
2. Double Side Kick

II. Poomse (Forms)

1. Taeguk Chil (7th) Jang
2. Three Other Forms

III. One Step Sparring

1. Five Spontaneous Attacks and Defenses

IV. Self Defense

1. Club defense
2. Gun defense

V. Combinations

1. Tornado kick - 3 Times Continuous

VI. Breaking

Three Boards with Different Techniques in Rapid Succession

VII. Sparring

1. Two Matches against 1 opponent
2. One Match against 2 opponents

Requirements for Deputy Black Belt

I. Poomse (Forms)

1. Taeguk Pal (8th) Jang

Plus choice of: (must be different than Red Belt test)

a. Weapons Form

b. Creative Form

c. Three Other Forms

II. One Step Sparring

1. Review of 1- 20

III. Self Defense

1. Review of the Following:

Straight Punch, Hook Punch, Kick, Knife, Club, and Gun Defenses

IV. Combinations

1. Jumping Spinning Roundhouse

2. Jump Back Kick

V Breaking

1. Choice of:

a. Speed Break

b. Jump Side Kick over 3 people

VI. Sparring

1. Three Matches against 1 opponent

2. One Match against 2 opponents

BLACK BELT REQUIREMENTS

You must exhibit the concentration and dedication required of a martial artist

*You must perform all 8 Taeguk Poomse
Plus Kicho 1 , Palgwe 1-3, and Koryo
with grace and power*

*You must be able to defend yourself against
all grabbing attacks - while blindfolded*

*You must demonstrate speed and focus by
extinguishing a candle with a punch*

*You must demonstrate your skill by performing the following kicks:
Jumping Spinning Crescent, Ax switch Ax,
Jumping Spinning Roundhouse, Triple Roundhouse, Jump Back kick
Front-Round-Side , Jumping Spinning Hook Kick
Moving forward - Tornado Kick (3x), Jumping Spinning Side Kick*

*You must show power, focus, and courage
by breaking a cement patio block
with a palm heel or hammerfist strike*

*You must demonstrate endurance coupled with
well controlled sparring techniques while
sparring 4 matches against one opponent
and 1 match against two opponents*

*You must have the ability and willingness to teach the
tenets of Tae Kwon Do to others*