

TAEKWONDO PROMOTION REQUIREMENTS AND Curriculum of Training

RANK BELT	FORMS	1-STEP SPARRING	OTHER
8 TH Kup YELLOW	BASIC BLOCKING 1, 2 & 3 IN-STANCE, LEFT & RIGHT KI BON 1L JANG KI BON E JANG KIBON SAM JANG	BASIC KICKING 1 BASIC KICKING 2 BASIC KICKING 3	PAPER ASSIGNMENT RULES OF CONDUCT TERMINOLOGY BREAKING: 2 BOARDS
7 TH Kup ORANGE	PAL GAE IL JANG ALL PREVIOUS POOMSE	IL BO DAE RYUN 1-5 RIGHT SIDE	PAPER ASSIGNMENT RULES OF CONDUCT TERMINOLOGY, FREE SPARRING BREAKING: 3 BOARDS
6 TH Kup GREEN	PAL GAE E JANG ALL PREVIOUS POOMSE	IL BO DAE RYUN 1-5 LEFT SIDE	PAPER ASSIGNMENT RULES OF CONDUCT, TERMINOLOGY, FREE SPARRING BREAKING: 4 BOARDS
5 TH Kup BLUE	PAL GAE SAM JANG ALL PREVIOUS POOMSE	IL BO DAE RYUN 6-10 RIGHT SIDE	PAPER ASSIGNMENT RULES OF CONDUCT TERMINOLOGY, FREE SPARRING BREAKING: 5 BOARDS
4 TH Kup PURPLE	PAL GAE SA JANG ALL PREVIOUS POOMSE	IL BO DAE RYUN 6-10 LEFT SIDE	PAPER ASSIGNMENT RULES OF CONDUCT TERMINOLOGY, FREE SPARRING BREAKING: 6 BOARDS
3 TH Kup BROWN	PAL GAE 0 JANG ALL PREVIOUS POOMSE	IL BO DAE RYUN 11-15 RIGHT SIDE	PAPER ASSIGNMENT RULES OF CONDUCT TERMINOLOGY, FREE SPARRING BREAKING: 7 BOARDS
2 TH Kup RED	PAL GAE YUK JANG ALL PREVIOUS POOMSE	IL BO DAE RYUN 11-15 LEFT SIDE	PAPER ASSIGNMENT RULES OF CONDUCT TERMINOLOGY, SPARRING BREAKING: 8 BOARDS
1 TH Kup RED & BLK	PAL GAE CHIL JANG PAL GAE PAL JANG ALL PREVIOUS POOMSE	IL BO DAE RYUN 11-15 LEFT SIDE	PAPER ASSIGNMENT RULES OF CONDUCT TERMINOLOGY, FREE SPARRING, BREAKING: 9 BOARDS
1 ST DAN BLACK 1 WHITE STRIPE	KO RYO BAT SA E, SO & DAE ALL PREVIOUS POOMSE	IL BO DAE RYUN 1-20 LEFT / RIGHT JUDO THROWS 1-10 5 CLUB DEFENSES	THESIS/PAPER, FREE SPARRING, BREAKFALL, BREAKING, 24 HR. FAST 6-12 MONTHS TRAINING FROM LAST PROMOTION
2 ND DAN BLACK 2 WHITE STRIPES	TAE BAEK KONG SAN KOON JIN TO, PAL GAE 1-8 ALL PREVIOUS POOMSE	HAP KI DO TECHNIQUE 1-10 5 CLUB DEFENSES 5 KNIFE DEFENSES	THESIS/PAPER, FREE SPARRING 1vs1 AND 1vs2, BREAKING, 24 HR. FAST NO LESS THAN 2 YEARS TRAINING FROM LAST PROMOTION.