

TESTING REQUIREMENTS BY RANK

Rank	Min. Age	Form	Minimum Time at Rank	Minimum Class Attendance	Foot Breaking Technique	Hand Breaking Technique	Sparring
White	4 Years Old	Ki-Bon	None	10 Classes	None	None	One Steps
Yellow		Dan-Gun	2 Months	12 Classes	None	None	One Steps
Orange		Do-San	2 Months	12 Classes	None	None	Sparring Combinations
Senior Orange		Do-San	2 Months	12 Classes	None	None	Sparring Combinations
Green		Won-Hyo	2 Months	14 Classes	None	None	Minimum of 2 1.5 Minute Rounds
Senior Green		Won-Hyo	2 Months	14 Classes	None	None	Minimum of 2 1.5 Minute Rounds
Purple		Yul-Guk	2 Months	14 Classes	None	None	Minimum of 2 1.5 Minute Rounds
Senior Purple		Yul-Guk	2 Months	14 Classes	None	None	Minimum of 2 1.5 Minute Rounds
Blue		Joong-Gun	2 Months	14 Classes	None	None	Minimum of 2 1.5 Minute Rounds
Senior Blue		Joong-Gun	2 Months	14 Classes	None	None	Minimum of 2 1.5 Minute Rounds

Brown		Hwa-Rang	2 Months	16 Classes	Front-Kick or Side-Kick		<u>Choice of:</u> Hammer-Fist, Elbow-Strike, Palm-Heel	Minimum of 2 1.5 Minute Rounds
		Hwa-Rang	2 Months	16 Classes	Front-Kick or Side-Kick		<u>Choice of:</u> Hammer-Fist, Elbow-Strike, Palm-Heel	Minimum of 2 1.5 Minute Rounds
Senior Brown		Hwa-Rang	2 Months	16 Classes	Front-Kick or Side-Kick		<u>Choice of:</u> Hammer-Fist, Elbow-Strike, Palm-Heel	Minimum of 2 1.5 Minute Rounds
Red		Choong-Moo	2 Months	16 Classes	Round-Kick or Side-Kick		<u>Choice of:</u> [Any Previous], Punch, Knife-Hand, Ridge-Hand	Minimum of 4 1 - 1.5 Minute Rounds
		Choong-Moo	2 Months	16 Classes	Round-Kick or Side-Kick		<u>Choice of:</u> [Any Previous], Punch, Knife-Hand, Ridge-Hand	Minimum of 4 1 - 1.5 Minute Rounds
Senior Red		Choong-Moo	2 Months	16 Classes	Round-Kick or Side-Kick		<u>Choice of:</u> [Any Previous], Punch, Knife-Hand, Ridge-Hand	Minimum of 4 1 - 1.5 Minute Rounds
		Gwang-Gae	2 Months	16 Classes	Round-Kick / Front-Kick or Round-Kick / Side-Kick or Side-Kick / Front-Kick	{2} {3}	None	Minimum of 4 1.5 Minute Rounds
1st Probationary		Gwang-Gae	2 Months	16 Classes	Round-Kick / Front-Kick or Round-Kick / Side-Kick or Side-Kick / Front-Kick	{2} {3}	None	Minimum of 4 1.5 Minute Rounds
		Gwang-Gae	2 Months	16 Classes	Round-Kick / Front-Kick or Round-Kick / Side-Kick or Side-Kick / Front-Kick	{2} {3}	None	Minimum of 4 1.5 Minute Rounds
1st Recommended		Gwang-Gae	2 Months	16 Classes	Round-Kick / Front-Kick or Round-Kick / Side-Kick or Side-Kick / Front-Kick	{2} {3}	None	Minimum of 4 1.5 Minute Rounds
		Poe-Eun	4 Months	32 Classes	Side-Kick / Spin Side-Kick or Round-Kick / Spin Side-Kick	{2} {3}	1 Student Choice	Minimum of 4 1.5 Minute Rounds
1st Decided		Poe-Eun	4 Months	32 Classes	Side-Kick / Spin Side-Kick or Round-Kick / Spin Side-Kick	{2} {3}	1 Student Choice	Minimum of 4 1.5 Minute Rounds
		Gae-Baek	6 Months	48 Classes	Round-Kick / Any Jump Kick or Side-Kick / Any Jump Kick	{2} {3}	1 Student Choice	Minimum of 4 1.5 Minute Rounds
1st Senior		Gae-Baek	6 Months	48 Classes	Round-Kick / Any Jump Kick or Side-Kick / Any Jump Kick	{2} {3}	1 Student Choice	Minimum of 4 1.5 Minute Rounds

2nd Degree		Choong-Jang	8 Months	64 Classes	Any Spin Kick and Any Jump Kick	{3}	None	Minimum of 4 1.5 Minute Rounds
2nd Decided		Yoo-Sin	8 Months	64 Classes	Any Spin Kick and Any Jump Kick	{3}	1 Student Choice	Minimum of 4 1.5 Minute Rounds
2nd Senior		Ul-Ji	10 Months	80 Classes	Any Spin Kick and Any Jump Spin Kick	{3} {4}	1 Student Choice	4 Two-Minute Rounds
3rd Degree	13 Years Old	Yon-Gae	12 Months	96 Classes	Any Jump Kick and Any Jump Spin Kick	{3} {4}	1 Student Choice	4 Two-Minute Rounds
3rd Decided	15 Years Old	Juche	12 Months	96 Classes	Jump Spin Kick Jump or Spin Kick Any Basic Kick	{3} {4}	1 Student Choice	4 Two-Minute Rounds
3rd Senior	18 Years Old	Ko-Dang	12 Months	96 Classes	Jump Spin Kick Jump or Spin Kick Any Basic Kick	{3} {4}	2 Student Choice	4 Two-Minute Rounds
4th Degree	21 Years Old	Choi-Yong	2 Years	192 Classes	360° Jump Spin Kick Jump Spin Kick Spin Kick Any Basic Kick	{3} {4}	1 Student Choice	4 Two-Minute Rounds
4th Senior	23 Years Old	Tong-Il	2 Years	192 Classes	360° Jump Spin Kick Jump Spin Kick Spin Kick Any Basic Kick	{3} {4}	2 Student Choice	4 Two-Minute Rounds

<p>5th Degree</p>	<p>25 Years Old</p>	<p>Moon-Moo</p>	<p>5 Years</p>	<p>480 Classes</p>	<p>360° Jump Spin Kick Jump Spin Kick Jump Kick Spin Kick Any Basic Kick</p>	<p>{3} {4}</p>	<p>2 Student Choice</p>	<p>4 Two-Minute Rounds</p>
					<p>{1} -TKDFit Requirement (result is not evaluated, only the attempt) {2} -Pick one combination {3} -Must break with different legs {4} -One station is a 2 board kick (women and 13 year old men) -One station is a 3 board kick (men)</p>			