

WHITE BELT (3 Tries)

1. Front Kick, Side Kick, Crescent Kick
2. High Block, Low Block, Inner Forearm Block
3. First 4 moves of Ki-Bon
4. Number 1 one-step (Adults #1 & #2)
5. First Half of Ki-Bon (to the first yell)
6. Numbers 2 & 3 one-steps (Adults 3, 4, & 5)
7. Ki-Bon
8. Ready to Test (must be wearing full uniform with patches correctly attached)

YELLOW BELT (3 Tries)

1. Round Kick, Spin Side Kick, Spin Crescent Kick
2. Double Knifehand Block, Square Block, Low Block/High Block Combo
3. First 4 moves of Dan-Gun
4. Number 1 one-step (Adults #1 & #2)
5. First Half of Dan-Gun (to the first yell)
6. Numbers 2 & 3 one-steps (Adults 3, 4, & 5)
7. Dan-Gun
8. Ready to Test (must be wearing full uniform with patches correctly attached)

ORANGE BELT (3 Tries)

1. #1 Jump Side Kick, #2 Jump Round Kick, #3 Jump Front Kick
2. Spearhand Strike, Twin Outer Forearm Block
3. Gear on in under 3 minutes (1 try)
4. Number 1 one-step (Adults #1 & #2)
5. First Half of D-San (to the first yell)
6. Numbers 2 & 3 one-steps (Adults 3, 4, & 5)
7. Do-San
8. Ready to Test (must be wearing full uniform with patches correctly attached)

GREEN BELT (2 Tries)

1. Hook Kick, Spin Hook Kick, Spin Heel Kick
2. Reverse Outside Knifehand Strike, Double Fist Block (closed stance), Punch (fixed stance)
3. Gear on in under 2:30 minutes (1 try)
4. First half of Won-Hyo (to first yell)
5. Reverse Inner Forearm Block/Front Kick/Reverse Punch Combo
6. #1 Round Kick, #2 Front Kick, #3 Side Kick
7. Won-Hyo
8. Ready to Test (must be wearing full uniform with patches correctly attached)

PURPLE BELT (2 Tries)

1. Jump Spin Side, Jump Spin Hook, Jump Spin Crescent, Jump Spin Heel
2. Hooking Block (slow), Knifehand Square Block, Double Inner Forearm Block
3. Gear on in under 2:30 minutes (1 try)
4. First half of Yul-Guk (to first yell)
5. #2 Sidekick/Reverse Elbow Strike Combo, Jump Backfist in X-Stance
6. #1 Jump Side Kick, #2 Jump Round Kick, #3 Jump Front Kick
7. Yul-Guk
8. Ready to Test (must be wearing full uniform with patches correctly attached)

BLUE BELT (2 Tries)

1. 360* Inside Crescent Kick (butterfly), Twist Kick
2. Ridgehand Block (cat stance)/Front Kick/Palm Upset Combo / Double knifehand block (back stance)/Reverse Elbow Strike (front stance)/Twin Punch High/Twin Upset Punch
3. Gear on in under 2 minutes (1 try)
4. First half of Joon-Gun (to first yell)
5. Double Inner Forearm Block {Front stance} Punch High {Back Stance} / #2 Side Kick/Double Fist Block {Back stance} Palm Heel Pressing Block {Front Stance} C-Block {Back Stance}
6. 360* Front Kick, 360* Round Kick
7. Joon-Gun

BROWN BELT (1 Try) Seniors: White/Yellow/Orange

1. 360 Side Kick, 360 Hook Kick, 360 Outside Crescent Kick
2. Palm Heel Strike, Reverse Upset Punch, Circular Downward Knifehand Strike
3. Tying your own belt
4. First half of Hwa-Rang (to first yell)
5. Reverse Punch {Fixed Stance}, Low X-Block {Front Stance}, Sliding Elbow {Back Stance}, Inner Forearm Block/Low Block Combo {Closed Stance}
6. #1 Round Kick, #2 Front Kick, #3 Side Kick
7. Hwa-Rang
8. Ready to Test (must be wearing full uniform with patches correctly attached)

RED BELT (1 Try) Seniors: Green/Purple/Blue

1. Spin Side Kick, Spin Crescent Kick, Spin Hook Kick, Spin Heel Kick
2. Reverse Knifehand High Block/Outside Knifehand Strike, Single Spearhand
3. Tying your own belt
4. First half of Choong-Moo (to first yell)
5. Reverse Ridgehand Strike, Reverse Spearhand Low, Knifehand X-Block (Back Stance), Twin Upset Palm Heel (Front Stance)
6. Board Breaking
7. Choong-Moo
8. Ready to Test (must be wearing full uniform with patches correctly attached)

BLACK BELT (1 Try) Recommended: Brown/Red

1. Advanced Defensive Kicks: Jump Spin Side/Hook/Heel/Crescent
2. Twin Knifehand Strike High, Reverse Upset Punch Slow, Double Knifehand Block Low, Reverse Upset Palm Heel Slow, Right Knifehand Strike to Left palm Low, Double Side Kick Low/High
3. Tying your own belt & Reciting the Tenets & Student Oath
4. First half of Gwan-Gae (second downward hammerfist)
5. Reverse Downward Palm Heel Slow, Double Inner Forearm Block/Drop Hop Back/Inner Forearm Block / Low Block Combo
6. Board Breaking
7. Gwan-Gae
8. Ready to Test (must be wearing full uniform with patches correctly attached)