

Kim's Tae Kwon Do Belt Promotion Requirements

0 Gup- Cho Dan

#	Gup	Training Months	Poomse	Sparring	Breaking Techniques
0	White	2	10 Basic stances		Hammer Fist
1	White/Yellow Stripe	2	Ki Cho Hyung Il Boo		Ax Kick
2	Yellow	2	Ki Cho Hyung Ee Boo	Sparring	Elbow Strike
3	Yellow/Orange Stripe	2	Tae Geuk Il Jang	Sparring	Knife Hand Strike
4	Orange	2	Ki Cho Hyung Sam Boo	Sparring	Back Step Side Kick
5	Orange/Green Stripe	2	Tae Geuk Ee Jang	Sparring	Front Snap Kick
6	Green	2	Tae Geuk Sam Jang	Sparring	Round Kick
7	Green/Blue Stripe	2	Tae Geuk Sa Jang	Sparring	Fist
8	Blue	2	Tae Geuk Oh Jang	Sparring	Ridge Hand
9	Blue/Red Stripe	2	Tae Geuk Youk Jang	Sparring	Turning Back Side Kick
10	Red	2	Tae Geuk Chil Jang	Sparring	Back Foot Side Kick
11	Red/Brown Stripe	2	Tae Geuk Pal Jang	Sparring	Doll Gae Chahgi
12	Brown	2	Tae Geuk Il Jang Through Pal Jang	Sparring	Narae Chahgi
13	Brown/Black Stripe	2	Koryo	Sparring	Turning Back Hook Kick
14	Cho Dan Bo Pre Black Belt Test	2	All Poomse through Koryo One Step Sparring	Sparring	Combination Techniques
15	1 st Dan Black	6months from cho danbo	All Poomse through Koryo One Step Sparring	Sparring	Combination Techniques

Note – Student(s) must attend 12 classes to be eligible for test promotion.
Jr. Requirements determined individually by student weight.