

WHITE BELT
Minimum 4 months

Tip
Color

HAND TECHNIQUES

Lead Punch Orange
Straight Green
Hook Blue
Uppercut Red

KICK TECHNIQUES

Rear Front Kick Orange
Lead Roundhouse Green
1st freestyle sequence Blue

STANCES

White
Attention
Ready Position
Fighting Stance

SELF DEFENSE

Parents' Names
Phone Number
Verbal Boundaries Black Star

KATA

Red
Freestyle Form One

FITNESS

Red Star
5 Jumping Jacks
1 Push Up
3 Sit ups

Student Creed #1

Silver Star

YELLOW BELT
Minimum 4 months

Tip
Color

HAND TECHNIQUES

Back Fist Orange
Ridgehand Green
High Block Blue
Middle Punch Red
Low Block Red

KICK TECHNIQUES

Lead Leg Side Kick Orange
Lead Led Front Kick Green
2nd freestyle sequence Blue

STANCES

White
Front Stance
Front Stance Turn

SELF DEFENSE

Stun & Run
Hand Over Mouth Black Star

KATA

Red
Basic Form One

FITNESS

Red Star
20 Jumping Jacks
5 Pushups
10 Sit Ups
Front Shoulder Roll

Student Creed #2

Silver Star

SLIME BELT
Minimum 4 months

Tip
Color

HAND TECHNIQUES

Outer Forearm Block Orange
Inside middle Block Green
Outside Middle Block Blue
Palm Heel Strike Red

KICK TECHNIQUES

Pump Front Kick Orange
Rear Leg Roundhouse Orange
Rear Leg Side Kick Green
Switch Kick Green
3rd Freestyle Sequence Blue

STANCES

White
Back Stance
Back Stance Turn

SELF DEFENSE

Wrist Grabs
Rear Bear Hug Black Star

KATA

Red
Chon-Ji

FITNESS

Red Star
30 Jumping Jacks
10 Pushups
25 Sit Ups
Rear Shoulder Roll

Student Creed #3

Silver Star

TEAL BELT
Minimum 8 months

Tip
Color

HAND TECHNIQUES

Guarding Knifehand
 Blk Orange
 Wedging Block Green
 Twin Forearm Block Blue
 Middle Spearhand Red

KICK TECHNIQUES

Inside Crescent Kick Orange
 Edge Roundhouse Orange
 Skipping Lead Front Kick Green
 Rear Ax Kick Green
 4th Freestyle Sequence Blue

STANCES

Horse Stance White
 Horse Stance Turn

SELF DEFENSE

Hair Pull
 Front Choke Black Star

KATA
 Tan-Gun Red

SPARRING
 Blocking Yellow
 Counter Attacks

FITNESS
 40 Jumping Jacks Red Star
 15 Push Up
 30 Sit ups

PURPLE BELT
Minimum 8 months

Tip
Color

HAND TECHNIQUES

Outside Knifehand
 Strike Orange
 Hooking Block Green
 Downward Palm Block Blue
 Hammer Fist Red

KICK TECHNIQUES

Spin Side Thrust Orange
 Jump Side Thrust Orange
 Lead Hook Green
 Jam Kick Green
 5th Freestyle Sequence Blue

SELF DEFENSE

Rear Choke
 Side Bear Hug
 Front Bear Hug Black Star

KATA
 To-San Red

SPARRING
 Application Yellow

FITNESS
 50 Jumping Jacks Red Star
 25 Pushups
 50 Sit Ups

SILVER BELT
Minimum 8 months

Tip
Color

HAND TECHNIQUES

Double Arm Block Orange
 Upward Palm Block Green
 Pressing Palm Block Blue
 Upward Elbow Strike Red

KICK TECHNIQUES

Spin Crescent Orange
 Rear Hook Orange
 Instant Jump Front Kick Green
 Fade Away Side Kick Green
 6th Freestyle Sequence Blue

SELF DEFENSE

Guard Control Position
 Mounted Control Position Black Star

KATA
 Wan-Hyo Red

SPARRING
 Working Angles Yellow
 Combinations

FITNESS
 75 Jumping Jacks Red Star
 40 Pushups
 75 Sit Ups

UPDATED 5/11/2010