

## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### White Belt 10<sup>th</sup> gup to Yellow Belt 9<sup>th</sup> gup



Forms: Base Form

Stances: Horse riding stance  
Front stance

Blocks: Down block  
Rising block  
In-to-out block  
Out-to-in block

Strikes: Middle punch

Kicks: *Front leg swing*  
*Step-behind side leg swing*  
Front kick  
Round-house kick  
Standing side kick  
Step-behind side kick  
Jumping front kick  
Two and three-kick combinations

Breaking: One board, step-behind side kick

Sparring: Three-step sparring

Discipline: *You should know how to:*

- *Properly wear your uniform and tie your belt*
- *Adjust your uniform*
- *Enter and leave the dojang*
- *Address and answer superiors politely and properly*
- *Stand still when at attention or joon-be*
- *Bow and say “kamsa hamnida” when appropriate*

### Rules of Tae Kwon Do

1. Obey your parents
2. Do well in school
3. Do your best

Kihap!!

## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### Yellow Belt 9<sup>th</sup> gup to Yellow Belt Green Tip 8<sup>th</sup> gup



*All previously learned techniques, plus:*

Forms: Taegeuk Il Chang,  
Palgwe Il Chang  
( 3 total )

Stances: Back stance  
*Walking stance*

Blocks: Double knife-hand middle block

Strikes: *Reverse middle punch*  
*Out-to-in knife-hand strike*

Kicks: Crescent kick  
Ax kick  
Back kick  
*Front-leg front kick*  
Front-leg roundhouse kick  
Jumping round-house kick  
Skipping side kick

Breaking: One board, step-behind side kick

Sparring: free sparring

#### Tenets of Tae Kwon Do

1. Courtesy – be kind and respectful to others
2. Integrity – honesty in deed and thought
3. Perseverance – never give up
4. Self-control – maintain discipline and respect
5. Indomitable spirit – a spirit that cannot be broken

## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### Yellow Belt Green Tip 8<sup>th</sup> gup to Green Belt 7<sup>th</sup> gup



*All previously learned techniques, plus:*

Forms: Taegeuk Yi Chang,  
Palgwe Yi Chang  
( 5 total )

Stances: ( none )

Blocks: *Augmented lower block, back stance*  
*Augmented middle block, back stance*  
Block and reverse-punch combos  
Double knife lower block

Strikes: *High punch*

Kicks: Rear leg side kick  
Roundhouse-back kick combo  
Front-round-back combo  
2-4 kick combos  
2-4 kick & hand technique combos  
2-3 hand combos

Breaking: One board, front snap kick

Sparring: free sparring

What Tae Kwon Do is:

1. *Sport*
2. *Art*
3. *Physical fitness*
4. *Self-defense*

## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### Green Belt 7<sup>th</sup> gup to Green Belt Blue Tip 6<sup>th</sup> gup

*All previously learned techniques, plus:*

Forms: Taegeuk Sam Chang  
Palgwe Sam Chang  
( 7 total )

Stances: *Retreating back stance*

Blocks: *Single middle knife-hand block*

Strikes: *Double punches*

Kicks: *Standing hook kick*  
*Step-behind hook kick*  
*Four-kick combination*  
*Jump back kick*  
*Out-to-in crescent then step 360 out-to-in crescent*

Breaking: One board, roundhouse kick

Sparring: free sparring with pads and light contact



## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### Green Belt Blue Tip 6<sup>th</sup> gup to Blue Belt 5<sup>th</sup> gup



*All previously learned techniques, plus:*

Forms: Taegeuk Sa Chang  
Palgwe Sa Chang  
( 9 total )

Stances: *Cat stance*

Blocks: *Mountain block*

Strikes: *In-to-out knife-hand strike ( chop )*  
*Upper-cut punch*  
*Spear hand*  
*Side hammer fist*  
*Back fist*

Kicks: *Skipping hook kick*  
Out-to-in crescent then jump 360 out-to-in crescent  
( or done with roundhouse kick )  
2-4 kick combos with some jumps

Breaking: One board, back kick

Sparring: free sparring with pads and light contact

## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### Blue Belt 5<sup>th</sup> gup to Blue Belt Red Tip 4<sup>th</sup> gup



*All previously learned techniques, plus:*

Forms: Taegeuk Oh Chang  
Palgwe Oh Chang  
( 11 total )

Stances: *Cross stance*

Blocks: *Scissor block*  
*Downward pressing block*

Strikes: *Elbow strike*  
*Supported elbow strike*  
*Downward hammer fist*

Kicks: Spinning heel kick  
Spinning crescent kick  
Spinning hook kick  
2-4 kick combos with some spins

Breaking: Two 1-board breaks, roundhouse and back kick using both feet

Sparring: free sparring with pads and light contact

## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### Blue Belt Red Tip 4<sup>th</sup> gup to Red Belt 3<sup>rd</sup> gup



*All previously learned techniques, plus:*

Forms: Taegeuk Yook Chang  
Palgwe Yook Chang  
( 13 total )

Stances: ( none )

Blocks: *In-to-out high block*

Strikes: *Augmented back fist*

Kicks: Three to five jumping kick combos  
Three to five spinning kick combos

Breaking: Two 1-board breaks, roundhouse and jump back kick

Sparring: free sparring with pads and light contact

## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### Red Belt 3<sup>rd</sup> gup to Red Belt Yellow Tip 2<sup>nd</sup> gup



*All previously learned techniques, plus:*

Forms: Taegeuk Chil Chang  
Palgwe Chil Chang  
( 15 total )

Stances: ( none )

Blocks: *Side pressing block*  
*Low cross block ( x-block )*  
*Low wedge block*  
*Palm up middle wedge block*  
*High cross block*  
*Rear vertical face block*

Strikes: *Double uppercut*  
*Side middle punch*

Kicks: *Knee kick*  
*Jump spinning heel kick*  
*Jump spinning crescent kick*  
*Jump spinning hook kick*  
*360 degree jumping back kick*

Breaking: Three 1-board breaks, using both feet

Sparring: free sparring with pads and light contact

Self-defense: *One self-defense technique*



## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### Red Belt Yellow Tip 2<sup>nd</sup> gup to Red Belt Black Tip 1<sup>st</sup> gup

*All previously learned techniques, plus:*

Forms: Taegeuk Pal Chang  
( 16 total )

Stances: ( none )

Blocks: ( none )

Strikes: *Side elbow strike*

Kicks: Flying side kick

Breaking: Two 1-board, one 2-board breaks ( one jumping kick )

Sparring: free sparring with pads and light contact

Self-defense: Three self-defense techniques ( not for testing )



## Kim's Academy of Tae Kwon Do – Belt Promotion Requirements

### Red Belt Black Tip 1<sup>st</sup> gup to Danbo Black Belt



*All previously learned techniques, plus:*

Forms: Palgwe Pal Chang  
( 17 total )

Stances: ( none )

Blocks: ( none )

Strikes: ( none )

Kicks: Multi-kick combos with jump and/or spinning

Breaking: Two 1-board, one 2-board breaks using both feet ( one jumping kick, possible hand break )

Sparring: free sparring with multiple partners

Self-defense: *Five self-defense techniques*

Teaching: Must have assisted in class instruction

Experience: Must have participated in at least 1 tournament at any belt level.

Essay: The subject should essentially be “The Essence Of Tae Kwon Do”, or “What Tae Kwon Do Means To Me”

MINIMUM two pages. No fudging by using large fonts or large spacing.