

Requirements For Promotion To (Senior Ranking):

Advanced 8th Kup – Yellow Belt

Basic Form 1 & 2
One Step Sparring
Free Sparring
Self Defense 1, 2, 3, & 4
Board Break with Side Kick
Terminology & Student Creed

Advanced 7th Kup – Green Belt/White Stripe

Basic Form 3 & Dol Phoong 1
One Step Sparring
Free Sparring
Self Defense 3, 4, 5, & 6
Board Break with Spinning Roundhouse Kick
Terminology & Student Creed

6th Kup – Green Belt

Dol Phoong 1 & 2
One Step/Two Step Sparring
Free Sparring
Self Defense 4, 5, 6, & 7
Board Break with Speed Spinning Roundhouse Kick
Terminology & Student Creed

5th Kup – Blue Belt/White Stripe

Dol Phoong 2 & 3
One Step/Two Step Sparring
Free Sparring
Point Sparring Basics
Self Defense 6, 7, 8, & 9
Board Break with front foot Hook Kick
Terminology & Student Creed

Advanced 5th Kup – Blue Belt

Dol Phoong 3 & 4
One Step/Two Step Sparring
Free Sparring
Point Sparring Basics
Self Defense 7, 8, 9, & 10
Board Break with Speed Hook Kick
Terminology & Student Creed

Advanced 4th Kup – Brown Belt/White Stripe

Dol Phoong 4 & 5
One Step/Two Step/Three Step Sparring
Free Sparring
Intermediate Point Sparring
Self Defense 9, 10, 11, & 12
Board Break with Back Inside Ax Kick
Terminology & Student Creed

3rd Kup – Brown Belt

Dol Phoong 5 & 6
One Step/Two Step/Three Step Sparring
Free Sparring
Self Defense 10, 11, 12, & 13
Intermediate Point Sparring
Board Break with Speed Inside Ax Kick
Terminology & Student Creed

2nd Kup – Red Belt/White Stripe

Dol Phoong 6 & 7
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense 12, 13, 14, & 15
Board Break with Front Outside Ax Kick
Terminology & Student Creed
Ability to lead class in Basic Movements

Advanced 2nd Kup – Red Belt

Dol Phoong 7 & 8
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense 13, 14, 15, & 16
Board Break with Speed Outside Ax Kick
Concrete Break – Hand Technique
Terminology & Student Creed
Ability to lead class in Basic Movements and Forms

Requirements For Promotion to Black Belt Ranks:

1st Kup – Red Belt/Black Stripe

Dol Phoong 8 & 9
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense 15, 16, 17, & 18
Board Break with Front Speed Outside Ax Kick
Terminology & Student Creed
Concrete Break – Hand Technique
Ability to lead class in Basic Movements, Forms, and Kicks

Advanced 1st Kup – Black Belt/White Stripe

Dol Phoong 9 & Chung San 1
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense 17, 18, 19, & 20
Board Break with Spinning Outside Ax Kick
Terminology & Student Creed
Concrete Break – Hand Technique
Ability to lead an entire class

1st Dan – 1st Degree Black Belt

Dol Phoong 9 & Chung San 1
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring Techniques
Self Defense 19, 20, 21, & 22
Board Break with Back Speed Outside Ax Kick
Terminology & Student Creed
Concrete Break – Hand Technique
Ability to lead Full Class
Completion of all 6 Intensive Training Classes
5 page Black Belt Thesis
Written Exam
Physical Fitness Test
3 Passport Photos
Payment of Black Belt Test fees

Requirements For Promotion To (Junior Ranking):

9th Kup – White Belt/Yellow Stripe

Basic Movements
One Step Sparring
Free Sparring
Self Defense 1 & 2
Board Break with front foot Side Kick
Terminology and 1 Tenant of Student Creed

8th Kup – Yellow Belt/White Stripe

Basic Form 1
One Step Sparring
Free Sparring
Self Defense 2 & 3
Board Break with back foot Side Kick
Terminology and 1st two Tenants of Student Creed

Advanced 8th Kup – Yellow Belt

Basic Form 1 & 2
One Step Sparring
Free Sparring
Self Defense 3 & 4
Board Break with Back Pivot Side Kick
Terminology and Student Creed

7th Kup – Yellow Belt/Green Tip

Basic Form 2 & 3
One Step Sparring
Free Sparring
Self Defense 4 & 5
Board Break with Spinning Roundhouse Kick
Terminology and Student Creed

Advanced 7th Kup – Green Belt/White Stripe

Basic Form 3 and Dol Phoong 1
One Step Sparring
Free Sparring
Self Defense 5 & 6
Board Break with Spinning Roundhouse Kick
Terminology and Student Creed

6th Kup – Green Belt

Dol Phoong 1 & 2
One Step/Two Step Sparring
Free Sparring
Self Defense 6 & 7
Board Break with Speed Spinning Roundhouse Kick
Terminology and Student Creed

Advanced 6th Kup – Green Belt/Blue Tip

Dol Phoong 1 & 2
One Step/Two Step Sparring
Free Sparring
Self Defense 7 & 8
Board Break with front foot Hook Kick
Terminology and Student Creed

5th Kup – Blue Belt/White Stripe

Dol Phoong 2 & 3
One Step/Two Step Sparring
Free Sparring
Point Sparring Basics
Self Defense 8 & 9
Board Break with back foot Hook Kick
Terminology and Student Creed

Advanced 5th Kup – Blue Belt

Dol Phoong 3 & 4
One Step/Two Step Sparring
Free Sparring
Point Sparring Basics
Self Defense 9 & 10
Board Break with Speed Hook Kick
Terminology and Student Creed

4th Kup – Blue Belt/Brown Tip

Dol Phoong 3 & 4
One Step/Two Step/Three Step Sparring
Free Sparring
Intermediate Point Sparring
Self Defense 10 & 11
Board Break with Front Inside Ax Kick
Terminology and Student Creed

Advanced 4th Kup – Brown Belt/White Stripe

Dol Phoong 4 & 5
One Step/Two Step/Three Step Sparring
Free Sparring
Intermediate Point Sparring
Self Defense 11 & 12
Board Break with Back Inside Ax Kick
Terminology and Student Creed

3rd Kup – Brown Belt

Dol Phoong 5 & 6
One Step/Two Step/Three Step Sparring
Free Sparring
Intermediate Point Sparring
Self Defense 12 & 13
Board Break with Speed Inside Ax Kick
Terminology and Student Creed

Advanced 3rd Kup Advanced – Brown Belt/Red Tip

Dol Phoong 6 & 7
One Step/Two Step/Three Step Sparring
Free Sparring
Intermediate Point Sparring
Self Defense 13 & 14
Board Break with Back Outside Ax Kick
Terminology and Student Creed

2nd Kup – Red Belt/White Stripe

Dol Phoong 6 & 7
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense 14 & 15
Board Break with Front Outside Ax Kick
Terminology and Student Creed
Ability to lead class in Basic Movements

Advanced 2nd Kup – Red Belt

Dol Phoong 7 & 8
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense 15 & 16
Board Break with Speed Outside Ax Kick
Concrete Break – Hand Technique
Terminology and Student Creed
Ability to lead class in Basic Movements and Forms