

Promotion Requirements (Tang Soo Do)

The following sections outline your requirements to promote to the rank indicated. Keep in mind that your promotion is based on your time in training and your class attendance, not solely on your knowledge of the techniques listed. A good Martial Arts student is one who takes the time to train consistently and repetitively on everything they have learned to not only commit the techniques to memory, but to condition the body to execute those techniques automatically as needed.

Beginner Ranks

8th Kup – Yellow Belt/White Stripe

Basic Movements & First Half of Basic Form 1
One Step Sparring
Free Sparring
Self Defense
Board Break with Front Kick
Terminology and 1st two Tenants of Student Creed

7th Kup – Yellow Belt/Black Stripe

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

Advanced 8th Kup – Yellow Belt

Basic Form 1 & 2
One Step Sparring
Free Sparring
Self Defense
Board Break with Front Foot Side Kick
Terminology and Full Student Creed

Advanced 7th Kup – Green Belt/White Stripe

Basic Form 3 and Dol Phoong 1
One Step Sparring
Free Sparring
Self Defense
Board Break with Back Spin Kick
Terminology and Student Creed

Intermediate Ranks

6th Kup – Green Belt

Dol Phoong 1 & 2
One Step/Two Step Sparring
Free Sparring
Self Defense
Board Break with Speed Back Spin 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
Board Break with Speed Hook Kick
Terminology and Student Creed

Advanced 6th Kup – Green Belt/Black Stripe

Dol Phoong 1 & 2
One Step/Two Step Sparring
Free Sparring
Self Defense
Board Break with front 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
Board Break with Side Kick/Speed Hook Kick Combo
Terminology and Student Creed

4th Kup – Blue Belt/Black Stripe

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

Advanced 3rd Kup – Brown Belt/Black Stripe

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

Advanced Ranks

2nd Kup – Red Belt/White Stripe

Dol Phoong 6 & 7
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense
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
Board Break with Speed Back Outside Ax Kick
Concrete Break – Hand Technique
Terminology and Student Creed
Ability to lead class in Basic Movements and Forms

1st Kup – Red Belt/Black Stripe

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

Advanced 1st Kup – Black Belt/White Stripe

Dol Phoong 8 & 9
One Step/Two Step/Three Step Sparring
Free Sparring
Advanced Point Sparring
Self Defense
Board Break with Tornado Ax Kick
Terminology & Student Creed (Written Test)
Concrete Break – Hand Technique
Ability to lead an entire class

Dan (Black Belt) Ranks:

Refer to the Black Belt Handbook for Testing Requirements for Black Belt ranks