



TAE KWON DO BELT TESTING & REQUIREMENTS



DADDY DOJO
TAE KWON DO

	White Belt — (10th Gyup) ALL Beginning Students
	Yellow Belt — (9th Gyup) Eligible For Testing: 2 months after Starting
	Senior Yellow — (8th Gyup) Eligible For Testing: 2 months after becoming Yellow Belt
	Green Belt — (7th Gyup) Eligible For Testing: 2 months after becoming Sr. Yellow
	Senior Green — (6th Gyup) Eligible For Testing: 2 months after becoming Green Belt
	Blue Belt — (5th Gyup) Eligible For Testing: 2 months after becoming Sr. Green
	Senior Blue — (4th Gyup) Eligible For Testing: 2 months after becoming Blue Belt
	Brown Belt — (3rd Gyup) Eligible For Testing: 4 months after becoming Sr. Blue
	Senior Brown — (2nd Gyup) Eligible For Testing: 4 months after becoming Brown
	Red Belt — (1st Gyup) Eligible For Testing: 4 months after becoming Sr. Brown
	Temporary Black Belt — Eligible For Testing: 6 months after becoming Red Belt
	Black Belt — (1st Dan) Eligible For Testing: 6 months after becoming Temp Black

	Terminology (Korean)	Forms (Poomse)	One Step Sparring	Board Breaking Technique	Belt Level Required Techniques
White Belt	YES	—	—	Hammer Fist	Down / Upper Blocks, Riding Horse Punch, Middle / Face Punch, Front / Side / Round House Kicks, Front Stance
Yellow Belt	YES	Basic #1	—	Side Kick	Side Punch from Riding Horse Stance Back Kick
Senior Yellow	YES	Basic #1, Basic #2	—	Front Kick	Side Block, Back Stance, Skipping Kicks (Front, Side, Round House)
Green Belt	YES	Basic #2, Basic #3	4	Axe Kick	Knife Hand Blocks (Upper and Lower) Axe Kick, Skipping Back Kick
Senior Green	YES	Basic #3, Palgwe #1	5	Back Kick	Outside Block, Knife Hand Neck Strike, Jumping Kicks (Front, Round House)
Blue Belt	YES	Palgwe #1, Palgwe #2	6	Flying Side Kick	Reinforced Down / Side Blocks, Jumping / Flying Side Kick, Skipping Axe Kick
Senior Blue	YES	Palgwe #3, Palgwe #4	7	Knife Hand (Sudo)	Outside Block moving Backwards, Diamond Block (Upper / Side) Spear Hand, Front Leg Hook Kick
Brown Belt	—	Palgwe #4, Palgwe #5	8	Jumping Back Kick	Split Block (Down + Inside), Reinforced Middle Block, Jumping Back Kick, 360 degree Back Kick
Senior Brown	—	Palgwe #5, Palgwe #6	9	Hook Kick	Double Blocks (Upper + Neck Attack) / (Upper + Palm Strike) Jumping Axe Kick, Back Leg Hook Kick
Red Belt	—	Palgwe #6 Palgwe #7	10	Wheel Kick	X Blocks (Upper / Lower), Skipping Hook Kick, Wheel Kick
Temp Black Belt	YES	All Forms & Palgwe #8	15	Wheel Kick (Speed)	Back Fist, Spinning Elbow, Advancing Double Punch, Skipping Wheel Kick, Jumping Hook Kick, Jumping Wheel Kick