



BELT REQUIREMENTS

White Belt

Stand at attention
Bow
Open parallel ready stance
Sitting stance
(horse stance, riding stance)
Fighting (defensive) stance
Front stance
Back stance
Middle punch in sitting stance
Reverse punch in sitting stance
Front kick
Round kick
Ax kick
Step side kick
Rising block in front stance
Low block in front stance
Step and punch
(lunge punch) in front stance
Inner forearm block in back stance
Pattern Chon Ji
Recite the
"Five Tenets of Taekwondo"

Yellow Belt

All previous requirements
Back fist/reverse punch
combination in fighting stance
Double knife-hand guarding block
in back stance
C-block in back stance
Hammer fist
Skipping round kick
Pattern Dan Gun
Two-stepping sparring
Skill stripes–belt tying & leg ups

Orange Belt

All previous requirements
Outer forearm block reverse punch
combination in front stance
Half-step turn
Supported vertical spear-hand
in front stance
Back fist in front stance
Wedging block (twin outer
forearm block) in front stance
Round kick/step side kick
combination
Back leg side kick
Spin side kick
Pattern Do San
Skill stripes–sit ups & push ups

Green Belt

All previous requirements
Ready stance "A"
Reverse knife hand chop
(palm up) in back stance
Side punch in fixed stance
Bent stance
Reverse inner forearm block
to the low area in front stance
Reverse punch in front stance
Hook kick
Skip round kick/jump
round kick combination
Pattern Won Hyo
Contact sparring

Blue Belt

All previous requirements
Inner forearm block in front stance
Hooking block & reverse
hooking block
Reverse forward elbow strike
C-block with knife-hands
Back fist in X-stance
Double inner forearm block
in front stance
Spinning hook kick
Pattern Yul Gok

Purple Belt

All previous requirements
Ridge hand strike (block)
palm up
Palm scooping block
Reverse upper elbow strike
Twin vertical punch
Twin upset punch
X-block
Double palm pressing block
Angle punch
Stick block
Rear foot stance
Closed parallel stance
Slipping from back
to front stance
Slipping from front
to back stance
Pattern Jhoon Gun

Red Belt

All previous requirements

Reverse upset spear-hand
in front stance (low area)
Low block/back fist combination
W-shaped (mountain) block
Twin punch to the low area
in back stance
Head grab/knee strike combination
High horizontal spear-hand
Arc hand strike
Jump back kick
Backward break fall
Pattern Toi Gae

Brown Belt

All previous requirements

Horizontal palm block
Knuckle upset punch
Pulling side kick
Reverse punch at 45 degrees
in back stance
Inner forearm/low block
combination (high-low block)
Back elbow strike in back stance
Closed L-stance
Forward shoulder roll
Pattern Hwa Rang

High Brown Belt

All previous requirements

Knife hand chop/reverse knife
hand rising block combination
Jump side kick from back leg
Reverse ridge hand strike
360 degree jump turn
Outer forearm crossing block
in sitting stance (side hammer fist)
Middle knife hand X-block in
back stance
Twin palm scooping block
Pattern Choong Moo

Recommended Black Belt

All previous requirements

Reverse upset punch in front stance
Reverse palm scooping block
in front stance
Hammer fist in closed
parallel stance
Inner forearm block/down block
combination in front stance
Five self defense (predetermined)
Pattern Kwan Gae

USEFUL INFORMATION

The Five Tenets of Taekwondo

Courtesy

Integrity

Perseverance

Self Control

Indomitable Spirit

Terminology

Attention *Chary-ut*
Bow *Kyung-nyet*
Move to ready stance *Jhoon-bi*
Return to ready stance . . . *Bah-rote*
Yell (from stomach) *Ki-hap*
School. *Dojang*
Uniform *Dobok*
Belt. *Dhee*
Pattern *Hyung/Poomse*
Begin *Shi-Jak*
Break (stop) *Kal-yo*
Rest *Sho*
Thank you *Kum-sa-ham-nida*
Flag. *Kuk-Yeh*
Instructor. *Kyobum-Nohm*
Master instructor *Sabum-Nihm*

Numbers

1 *Hana*
2 *Dul*
3 *Set*
4 *Net*
5 *Dah-Suht*
6 *Yul-Saht*
7 *Ill-Gop*
8 *Ya-Dul*
9 *Ah-Hope*
10 *Yul*