

# Kim's Academy of Taekwondo

## Belt Promotion Test Requirements

9/9/17

**This list of test requirements was compiled from the DVD and the previous instructors' list; and any discrepancies clarified by Grand Master Kim. Each item is listed where it will be required at a belt test, but students should start learning techniques early enough to master them before the required belt test.**

### Exam Requirements for:

#### White Belt (10<sup>th</sup> Gup) going to Yellow Belt (9<sup>th</sup> Gup)

Proficiency in the following techniques:

Horse-riding Stance  
Middle attack punch  
Ki hap  
Front stance  
Down block  
Rising block  
Inside-to-outside block  
Outside-to-inside block  
Front (snap) kick  
Roundhouse kick  
Side kick (front leg)  
Step-behind side kick  
Jumping front (snap) kick  
Two kick combinations  
Three kick combinations  
Kick – punch/block combinations  
3 step sparring  
Board Break: Step-behind side kick  
Base Form

### **Know Rules of Tae Kwon Do**

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

#### Yellow Belt (9<sup>th</sup> Gup) going to Yellow Green-Tip (8<sup>th</sup> Gup)

Master<sup>1</sup> all previous techniques as well as:  
Walking stance

Back stance  
Knife hand middle block  
Back kick  
Axe kick  
Inside-outside crescent kick  
Outside-inside crescent kick  
Skipping/jumping side kick  
Jumping roundhouse kick  
Front leg roundhouse kick  
Three kick combos  
Free sparring  
Board breaking using step behind side kick<sup>2</sup>  
Taegeuk and Palgwe Il Chang

### **Know Tenets of Tae Kwon Do**

1. Courtesy – be kind and respectful to others
2. Integrity – honesty and morally upright
3. Perseverance – never give up
4. Self-control – conflict resolution, self-discipline, restraint
5. Indomitable spirit – a spirit that cannot be broken

#### Yellow Green-Tip (8<sup>th</sup> Gup) going to Green Belt (7<sup>th</sup> Gup)

Master<sup>1</sup> all previous techniques as well as:  
Knife hand low block  
Rear leg side kick  
Down block-reverse punch combo  
Roundhouse-back kick combo  
Front-round-back kick combo  
Two, Three, & Four kick combos  
Two, Three, & Four kick combos with hand techniques (examples: Front-double punch-roundhouse kick combo, Rising block-double punch combo, Inside-outside block-reverse punch combo)  
Two & Three hand techniques combos  
Board-break using front (snap) kick<sup>2</sup>  
Taegeuk and Palgwe Yi Chang

#### Green Belt (7<sup>th</sup> Gup) going to Green Belt Blue-Tip (6<sup>th</sup> Gup)

Master<sup>1</sup> all previous techniques as well as:

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Jumping back kick  
Outside-Inside Crescent, step (360) Outside-Inside Crescent  
Board-break using roundhouse <sup>2</sup>  
Sparring with full gear (student should own their own sparring equipment)  
Taegeuk and Palgwe Sam Chang

### Green Belt Blue-Tip (6<sup>th</sup> Gup) going to Blue Belt (5<sup>th</sup> Gup)

Master<sup>1</sup> all previous techniques as well as:  
Two, Three, & Four kick combinations with some jumping kicks  
Outside-inside Crescent, jump/spin Outside-inside Crescent (can substitute round house for Crescent for alternative)  
Board break with back kick<sup>2</sup>  
Taegeuk and Palgwe Sa Chang

### Blue Belt (5<sup>th</sup> Gup) going to Blue Belt Red-Tip (4<sup>th</sup> Gup)

Master<sup>1</sup> all previous techniques as well as:  
Spinning heel kick  
Spinning crescent  
Spinning hook  
Two, Three, & Four kick combinations with some spinning kicks  
One or two advanced hand techniques  
Board Break (both feet used): Roundhouse & back kick (1 board each)<sup>2</sup>  
Taegeuk and Palgwe Oh Chang

### Blue Belt Red-Tip (4<sup>th</sup> Gup) going to Red Belt (3<sup>rd</sup> Gup)

Master<sup>1</sup> all previous techniques as well as:  
Three to five jumping kick combos  
Three to five spinning kick combos  
Board Break(both feet used): Roundhouse & jumping back kick (1 board each)<sup>2</sup>  
Taegeuk and Palgwe Yook Chang

### Red Belt (3<sup>rd</sup> Gup) going to Red Belt Yellow-Tip (2<sup>nd</sup> Gup)

Master<sup>1</sup> all previous techniques as well as:  
360 jumping back kick  
Jump Spinning Heel Kick  
Jump Spinning Crescent Kick  
Jump Spinning Hook Kick  
Board-break using three targets with different techniques using both feet<sup>2</sup>  
Taegeuk and Palgwe Chil Chang

### Red Belt Yellow-Tip (2<sup>nd</sup> Gup) going to Red Belt Black-Tip (1<sup>st</sup> Gup)

Master<sup>1</sup> all previous techniques as well as:  
Flying side kick  
Three self-defense techniques (Not a test requirement)  
Board-break using three or four targets with different techniques (one jumping)<sup>2</sup>  
Taegeuk Pal Chang

### Red Belt Black-Tip (1<sup>st</sup> Gup) going to Danbo Black Belt

## **MUST BE A RED BELT FOR AT LEAST ONE YEAR**

Must have been a 1st Gup for at least 6 months  
Assisted in instruction of 50 or more classes as a Red Belt  
Must have participated in at least 1 tournament (at any belt level)  
Multiple kick combos using jumping and/or spinning kicks  
Free sparring multiple partners  
Board break using three targets with different techniques (two of the targets with 2 boards)  
Both feet used to break. Student should be prepared to perform a break using a hand technique.<sup>2</sup>  
Proficiency in all forms learned to this point  
Palgwe Pal Chang  
Thesis – “The Essence of Tae Kwon Do”

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<sup>1</sup> Mastery of technique means to become skilled or proficient in the execution of the technique (form, kick, break, etc). Mastery does not mean perfection, but perfection is always the goal that you should seek to achieve.

<sup>2</sup> The board breaking techniques listed may not be the technique that you will be asked to demonstrate at belt promotion test. You should be able to perform the specified board break technique, at the rank level indicated.