

Stripe Requirements



Beginner	Yellow stripe	Green stripe	Blue stripe	Red stripe
White Belt	Attention, ready, sitting, front & back stances Low, high, inner forearm block	Front, crescent & side kick Name and meaning of form	Perform Ki-Bon	One-Step Sparring (3 for jrs, all 5 for adults)

Yellow Belt	Round kick Spin crescent and spin side kicks	Meaning of form Tying belt	Perform Dan-Gun	One-Step Sparring
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Orange Belt	Jump front kick Jump side kick Jump round kick	Name and meaning of form Tying belt	Perform Do-San	Sparring combinations
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Orange Sr. Belt	Double kicks (combos using front/side/round)	Sparring style blocking (<i>effectively</i>)	Perform Do-San (<i>improved</i>)	Sparring combinations (opp. side)
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Intermediate	Yellow stripe	Green stripe	Blue stripe	Red stripe
Green Belt	Double fist block Reverse inner forearm block Reverse knife-hand strike	Meaning of form Tying belt	Perform Won-Hyo	Hook Kick Spin hook kick Spin heel kick

Green Sr. Belt	Downward backfist Knife-hand square block Spear-hand (reinforced, both sides)	Jump spin side kick Jump spin crescent Jump spin hook kick	Perform Won-Hyo (<i>improved</i>)	Sparring effectively (<i>Demonstrating blocking and combos</i>)
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Purple Belt	Hooking block Rev. horizontal elbow stripe Double inner forearm block	Meaning of form Tying belt	Perform Yul-Guk	Jump-inside-crescent kick Sliding kicks
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Purple Sr. Belt	Perform first three patterns (Ki-Bon, Dan-Gun, Do-San)	Physical calisthenics (<i>schedule this with the front desk</i>)	Perform Yul-Guk (<i>improved</i>)	Sparring effectively (3 rounds minimum)
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Stripe Requirements



Blue Belt	Reverse upset elbow strike, Ridge-hand block (cat stance), twin punch (high and upset)	Meaning of form Tying belt	Perform Joong-Gun	Twist kick Jump spin heel kick Butterfly kick
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Blue Sr. Belt	Twin inner forearm block Double knife-hand block (<i>low</i>) Double inner-forearm block (<i>low</i>)	Spin hook/round kick #3 Jump crescent kick Axe kick	Perform Joong-Gun (<i>improved</i>)	Sparring effectively (3 rounds <i>minimum</i>)
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Advanced	Yellow stripe	Green stripe	Blue stripe	Red stripe
Brown Belt	Reverse upset punch (<i>rein.</i>) Rev. punch in fixed stances Elbow strike (<i>sliding</i>)	Meaning of form Tying belt Double ridge-hand (<i>low</i>)	Perform Hwa-Rang	Board breaking One approved hand & foot tech.

Brown Sr. Belt	360° front kick 360° round kick	Sparring effectively (3 rounds <i>minimum</i>)	Perform Hwa-Rang (<i>improved</i>)	Board breaking (<i>Both sides</i>)
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Red Belt	Rev knife hand high block/strike Rev. Ridge-hand strike (<i>rein.</i>) 360° Jump double knife-hand block	Meaning of form Tying belt	Perform Choong-Moo	360° Crescent 360° Side kick Board breaking
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Red Sr. Belt	360° Heel kick 360° Hook kick	Ki-Bon Dan-Gun Do-San Won-Hyo	Perform Choong-Moo (<i>improved</i>)	Physical calisthenics (<i>schedule this with the front desk</i>)
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1 st Degree Pro Black Belt	White, Yellow, & Orange belt one-steps	Meaning of form Tying belt	Perform Gwang-Gae	Yul-Guk, Joong- Gun, Hwa-Rang, & Choong-Moo
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1 st Degree Rec Black Belt	Sparring effectively (4 rounds <i>minimum</i>)	Physical calisthenics	Perform Gwang-Gae (<i>improved</i>)	Five previous forms (<i>instructor choice</i>)
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