



# C.W. TAE KWON DO BELT REQUIREMENT CHART



GUP	BELT	POOMSE			SPARRING STEPS	GRAPPLING STEPS	BOXING STEPS	
		ITF	WTF				CHILD	ADULT
		CHILD&ADULT	CHILD	ADULT	CHILD & ADULT	CHILD & ADULT	CHILD	ADULT
<b>10</b>	<b>WHITE</b>	<b>CHUN-JI</b> 19 moves			1) SWITCH, 2 PUNCH, TK 2) HOPPING FRONT TK 3) SPIN-STEP TK	PRE-GRAPPLING A: FALL RIGHT, LEFT, BACK FORWARD		
<b>9</b>	<b>YELLOW</b>		<b>TG 1</b> 18 moves	<b>TG 1</b> 18 moves	4) STEP-OVER TK 5) STEP-BACK, BLOCK, TK 6) DOUBLE KICK	PRE-GRAPPLING B: ROLL FORWARD & BACK		1 JAB-CROSS
<b>8</b>	<b>GREEN STRIPE</b>	<b>DAN-GOON</b> 21 moves		<b>TG 2</b> 18 moves	7) STEP-IN SIDE KICK 8) NARABAUM 9) REVERSE NARABAUM	C: MOUNT POSITIONS D: STANDING CONTROL* E: SIDE CONTROL 1 – 4*		2 TRIPLE
<b>7</b>	<b>GREEN</b>	<b>DO-SAN</b> 24 moves	<b>TG 2</b> 18 moves	<b>TG 3</b> 20 moves	10) SWITCH, SLIDE BACK 11) SKIP STEP AXE KICK 12) STEP-FORWARD BK	F: FRONT MOUNT ESCAPE - SHRIMP & HIP BUMP - BRIDGE	1	3 JAB-CROSS-HOOK
<b>6</b>	<b>BLUE STRIPE</b>	<b>WON-HYO</b> 28 moves	<b>TG 3</b> 20 moves	<b>TG 4</b> 20 moves	13) COUNTER BK, SWITCH 14) STEP-IN HOOK KICK 15) SPINNING HEEL KICK	1) DOUBLE LEG & SL 2) a) SPRAWL b) GUILLOTINE CHOKE	2	4 F. UPPERCUT-B. HOOK
<b>5</b>	<b>BLUE</b>	<b>YUL-GOK</b> 38 moves	<b>TG 4</b> 20 moves	<b>TG 5</b> 20 moves	16) FLIP KICK 17) COUNTER SPINNING HEEL KICK	3) DUCK UNDER, ROLL, ROLL, BACK CHOKE 4) BEAR HUG & ARM BAR	3	5 JAB-HOOK-B.UP-HOOK
<b>4</b>	<b>RED STRIPE</b>	<b>JOON-GOON</b> 32 moves	<b>TG 5</b> 20 moves	<b>TG 6</b> 23 moves	C/D #1: SLIDE BACK (SBTK) C/D #2: SWITCH, SBTK C/D #3: HOOGIN, SBTK	5) ARM BAR FROM GUARD 6) TRIANGLE FROM GUARD	4	6 JAB-UP-H. DUCK-H-H
<b>3</b>	<b>RED</b>	<b>TAE-GYE</b> 37 moves	<b>TG 6</b> 23 moves	<b>TG 7</b> 25 moves	C/D #4: LUNGE PUNCH, SHORT SBTK C/D #5: COUNTER BK	7) KIMURA LOCK SERIES 8) a) HEADLOCK & SC b) BACK SWEEP	5	7 JAB-SPIN-BACKFISTS
<b>2</b>	<b>BLACK STRIPE</b>	<b>HWA-RANG</b> 29 moves	<b>TG 7</b> 25 moves	<b>TG 8</b> 24 moves	SPARRING GAME PLAN A: RANGES OF TK'S, USE AK, NAB WITH ANTICIPATION	9) a) SC FROM GUARD b) SPINNING SWEEP 10) FC in G'RD b) SCISSOR	6	8 ELBOWS & KNEE STRIKES
<b>1</b>	<b>2 BLACK STRIPES</b>	<b>CHOONG-MOO</b> 32 moves	<b>TG 8</b> 24 moves		**FREE-SPARRING**	11) BASIC GUARD PASSES 12) BASIC LEG LOCKS **FREE-GRAPPLING**	7 & 8	FOCUS MITT DRILL
<b>0</b>	<b>PROVISION BLACK</b>	<b>KWANG-GYE PO-HOON</b>	<b>KORYO</b> 30 moves	<b>KORYO</b> 30 moves	**FREE-SPARRING** & 18) 540 SPINNING HEEL K	**FREE-GRAPPLING**	FOCUS MITT DRILL	*LIGHT SPARRING*

THERE ARE ALSO WRITTEN/ORAL TEST & REPORT CARD EVALUATION FOR A CHILD, MENDATORY WAITING PERIOD FOR ADVANCED RANK, AND 7-PAGE TEST APPLICATION FOR BLACK BELT CANDIDATES.

\* only required for adults