

Brister's Martial Arts Academy

Testing Requirements by Rank

<u>Rank</u> (Min Age)	<u>Form</u>	<u>Min. Time</u>	<u>Min. Classes</u>	<u>Foot Breaking Technique</u>	<u>Hand</u>	<u>Sparring</u>
White	Ki-Bon	None	None	None	None	One-Steps
Yellow	Dan-Gun	2 months	11	None	None	One-Steps
Orange	Do-San	2 months	12	None	None	One-Steps
Sr. Orange	Do-San	2 months	12	None	None	One-Steps
Green	Won-Hyo	2 months	13	None	None	Spar
Sr. Green	Won-Hyo	2 months	13	None	None	Spar
Purple	Yul-Guk	2 months	14	None	None	Spar
Sr. Purple	Yul-Guk	2 months	14	None	None	Spar
Blue	Joong-Gun	2 months	14	None	None	Spar
Sr. Blue	Joong-Gun	2 months	14	None	None	Spar
Brown	Hwa-Rang	2 months	15	1 Basic Kick	1 Approved	Spar
Sr. Brown	Hwa-Rang	2 months	15	1 Basic Kick	1 Approved	Spar
Red	Choong-Moo	2 months	16	2 Basic Kicks Perform one kick with each leg	None	Spar
Sr. Red	Choong-Moo	2 months	16	2 Basic Kicks # Perform one kick with each leg	None	Spar
Pro. BB. (Black w. White Stripe)	Gwang-Gae	2 months	16	2 Basic Kicks # Perform one kick with each leg	1 Approved	Spar
Recommended BB (Black w/ Red Stripe)	Gwang-Gae	2 months	16	2 Basic Kicks # Perform one kick with each leg	1 Approved	Spar
1st Dec.	Poe-Eun	4months	32	1 Basic Kick # 1 Spin Kick #	1 Approved	Spar
1st Sr.	Gae-Baek	6 months	48	1 Basic Kick # 1 Spin Kick #	1 Approved	Spar
2nd Degree	Choong-Jang	8 months	64	1 Basic Kick # 1 Spin Kick #	2 Approved	Spar
2nd Dec.	Yoo-Sin	8 months	64	1 Basic Kick # 1 Spin Kick #	2 Approved	Spar
2nd Sr.	Ul-Ji	10 months	80	1 Basic Kick # 1 Jump Kick# 1 Spin Kick #	2 Approved	Spar
3rd Degree (13 Yrs. Old)	Yon-Gae	12 months	96	1 Basic Kick # 1 Jump Kick# 1 Spin Kick #	2 Student Choice	Spar
3rd Dec. (15 Yrs. old)	Juche	12 months	96	1 Basic Kick # 1 Jump Kick# 1 Spin Kick #	2 Student Choice	Spar
3rd Sr. (18 Yrs. Old)	Ko-Dang	12 months	96	1 Basic Kick # 1 Jump Kick# 1 Spin Kick #	2 Student Choice	Spar
4th Dec. (21 Yrs. Old)	Choi-Yong	2 years	192	1 Basic Kick # 1 Jump Kick# 1 Spin Kick #	2 Student Choice	Spar
4th Sr. (23 Yrs. Old)	Tong-Il	2 years	192	1 Basic Kick # 1 Jump Kick# 1 Spin Kick #	2 Student Choice	Spar
5th Degree (25 Yrs. Old)	Moon-Moo	5 years	480	1 Basic Kick # 1 Jump Kick# 1 Spin Kick #	2 Student Choice	Spar

#-Must break with Different Legs If 2 hand techniques are required, they must be with different hands
Black Belts are required to maintain a minimum of 16 training classes during each testing cycle.