

## **Belt Rankings and Requirements**

### **Belt Grade Ranking Levels Grades Belt Test Requirements**

Rev. 17-June-2021

#### **Yellow stripe ( jr students )**

1. Chung Bong 1

#### **Yellow**

1. Chung Bong 1

2. One Steps 1-6

3. Sparring

#### **Orange**

1. Chung Bong 1

2. Chung Bong 2

3. One Steps 1-6

4. Sparring

5. Write out the 5 principles of Song Moo Kwan (back of application form)

#### **Green**

1. Chung Bong 1

2. Chung Bong 2

3. One Steps 1-6 white belt & 1-4 yellow belt

4. Sparring

5. Essay 250 words (1st SMK principle)

#### **Blue**

1. Chung Bong 1,2

2. Chung Bong 3

3. One Steps 1-10 (White & Yellow belt series )

4. Sparring

5. Essay 250 words (2nd SMK principle)

#### **Purple**

1. Chung Bong 1,2

2. Chung Bong 3

3. One Steps 1-10 (White & Yellow belt series )

4. Kicking Series (green belt series)

5. Sparring

6. Essay 250 words (3rd SMK principle)

#### **Red**

1. Chung Bong 1,2,3

2. Chung Bong 4

3. One Steps 1-10 (White & Yellow belt series )

4. Kicking series (Red belt series)

5. Sparring

6. Essay 250 words each (4th & 5th SMK principles)

7. Complete a brief statement for each tenant as listed on the application form

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Rev. 28-Mar-2019

#### **Brown 2nd**

1. Chung Bong 1,2,3
2. Chung Bong 4
3. One Steps 1-10 (White & Yellow belt series )
4. Kicking series (green belt series)
5. Personal one steps (4) with (1) controlled take down. One Steps should include demonstration of advanced kicks and self defence techniques.
6. Sparring
7. Essay 500 words (The origins and meanings for Tenants of Tae Kwon Do - see back of application form) attach on separate form

#### **Brown 1st**

1. Chung Bong 1,2,3,4
2. Chung Bong 5
3. One Steps 1-10 (White & Yellow belt series )
4. 2nd Brown Kicking series
5. Sparring
6. Essay 700 words (Song Moo Kwan )

#### **Black 1st Degree**

1. Chung Bong 1,2,3,4,5
2. Chung Bong 6
3. One Steps 1-10 (White & Yellow belt series )
4. 1st Brown Kicking series
5. Creative form demonstration
6. Self Defense one steps (6)
7. Sparring
8. Essay 1000 words (Black Belt)

#### **Black 2nd Degree**

1. Chung Bong 1,2,3,4,5,6
2. Chung Bong 7
3. Kumgang
4. Self Defense one steps (6)
5. Sparring

#### **Black 3rd Degree**

1. Chung Bong 6 & 7 plus one or two of testing panels choice
2. Chung Bong 8
3. Taebaek
4. Self Defense one steps (10)
5. Board or Brick break demonstration
5. Sparring

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