

## What Do I Need to Learn and Practice for My Belt Rank?

<b>Belt Rank</b>	<b>Form</b>	<b>3-Steps</b>	<b>Other</b>
<b>White</b>	Low Form I	1 through 3	1-steps ( a few basic) Front Stance Basic Kicks
<b>Yellow</b>	Low Form II	1 through 3	Additional 1-steps Back and Side Stance Double Kicks
<b>Green</b>	Low Form III	1 through 6	Additional 1-steps Triple Kicks
<b>Blue</b>	High Form I	1 through 9	Takedowns Inside/Outside Kicks
<b>Blue/White</b>	High Form II	1 through 9	Jump Kicks
<b>Brown</b>	High Form III	1 through 9	2-steps Left-handed 3-steps S Kicks and Combo Kicks
<b>Brown/White</b>	High Form IV	1 through 9	Same as above
<b>Red</b>	High Form V	1 through 9	Same as above
<b>Red/Black</b>	Chul Gi	1 through 9	Same as above 1-steps with kicks
<b>Black</b>	Koryo	1 through 9	Same as above

*Each belt should continue to practice all lower forms and techniques, as students are expected to know and will be tested on all forms/techniques as they advance in the belt ranks.*

*Student's performance in techniques listed should be strong in order to be promoted to next belt.*