

Springhill Taekwondo Color Belt Stripe Requirements

White Belt

1st stripe: front stance, back stance, sitting stance, ready stance

2nd stripe: back fist, hammer fist, knife hand, reverse punch, jab-cross, ridge hand strike, hook punch, uppercut

3rd stripe: front kick, side-kick, round kick, crescent kick, inner forearm block, high block, low block

4th stripe: tenants and student oath
front grab, wrist grab escapes (one and two handed)

Sr. White Belt – Ki-Bon

1st stripe: first half of ki-bon form

2nd stripe: second half of ki-bon form

3rd stripe: sparring combo #1

4th stripe: front grab and rear shoulder escapes

Yellow Belt

1st stripe: double knife hand block, square block

2nd stripe: first half of form

3rd stripe: second half of form

4th stripe: sparring combination #2

Sr. Yellow Belt

1st stripe: first and second half of form

2nd stripe: front round kick / double round kick

3rd stripe: spin side kick, spin crescent kick, jump front kick

4th Stripe: sparring combo #3

Orange Belt

1st stripe: jump round kick, jump side kick, spear hand strike, spin back fist, outer/twin forearm block, double fist block

2nd stripe: first half of form

3rd stripe: second half of form

4th stripe: free sparring

Sr. Orange Belt – Do-San / Won-Hyo

1st stripe: form

2nd stripe: escape from hammer lock

3rd stripe: all jump kicks, escapes (front & back wrist grabs)

4th stripe: free sparring

Green Belt – Do-San / Won-Hyo

1st stripe: fixed stance, closed ready stance, hook kick, spin heel kick, hook/round kick combination, reverse inner forearm block, reverse knife hand

2nd stripe: first half of form

3rd stripe: second half of form

4th stripe: free sparring, escape from hammer lock

Sr. Green Belt – Do-San / Won Hyo

1st stripe: form

2nd stripe: spin hook kick, spin heel kick,

3rd stripe: jump-spin side kick, jump spin crescent kick

4th stripe: free sparring

Purple Belt – Yul-Guk / Joong Gun

1st stripe: x stance, double inner forearm block, hooking block, knife hand square block, horizontal elbow strike

2nd stripe: first half of form

3rd stripe: second half of form

4th stripe: free sparring, hair grab escape

Sr. Purple Belt – Yul-Guk / Joong Gun

1st stripe: form

2nd stripe: jump spin hook kick, spin round kick

3rd stripe: spin hook/round kick combination

4th stripe: free sparring

Blue Belt – Yul-Guk / Joong Gun

1st stripe: cat stance, twin punch, twin upset punch, reverse elbow strike c-block, pressing block

2nd stripe: first half of form

3rd stripe: second half of form

4th stripe: free sparring

Sr. Blue Belt – Yul-Guk / Joong Gun

1st stripe: form

2nd stripe: jump-spin heel kick

3rd stripe: butterfly kick (360 inside crescent)

4th stripe: free sparring

Brown Belt - Hwa Rang / Choong Moo

1st stripe: first half of form

2nd stripe: second half of form

3rd stripe: 360° jump spin front, free sparring

4th stripe: board breaking (hand/foot)

Sr. Brown Belt – Hwa Rang / Choong Moo

1st stripe: form

2nd stripe: 360° round kick,

3rd stripe: basic self defense, free sparring

4th stripe: board breaking (hand/foot)

Red Belt – Hwa Rang / Choong Moo

1st stripe: first half of form

2nd stripe: second half of form

3rd stripe: 360° side kick, free sparring

4th stripe: board breaking (hand/foot)

Sr. Red Belt – Hwa Rang / Choong Moo

1st stripe: form

2nd stripe: 360° crescent kick, 360° heel kick

3rd stripe: basic self defense, free sparring

4th stripe: board breaking (hand/foot)

Pro/ Recommended Black Belts – Gwan Gae

1st stripe: first half of Gwan Gae form (Pro) – entire form (Recommended)

2nd stripe: second half of Gwan Gae form (Pro)

3rd stripe: basic self defense, free sparring

4th stripe: board breaks (opposite feet)