

Students should be striving to have AT LEAST one FORMS day and one SPARRING day per week in order to be eligible for belt promotion.

This goes for 5 & 6 yr. old students as well.

3 & 4 yr. old students are exempt from this requirement.

- Tot Kwon Do: 3 & 4 yr. olds
- Little Kicks: 5 & 6 yr. olds
  
- Beginner: White, Yellow, & Yellow/Green Belt
- Intermediate: Green, Green/Blue, & Blue Belt
- Advanced: Blue/Red, Red, & Red/Black, & Recommended 1st Black Belt
  
- Weapons: Students who already know a weapon
- Point Sparring: Not for Beginners, & Permission is Required
- Tournament Training: Permission is Required