

Taekwondo Promotion Test Requirements

Poomse

- White Belt:** Poomse 1
- Yellow Belt:** Taegeuk IL Jang (1)
- Orange Belt:** Taegeuk Ee Jang (2)
- Green Belt:** Taegeuk Sam Jang (3)
- Blue Belt:** Taegeuk Sah Jang (4)
- Purple Belt:** Taegeuk Oh Jang (5)
- Brown Belt:** Taegeuk Yuk Jang (6)
- Red Belt:** Taegeuk Chil Jang (7)
- Red High Belt:** Taegeuk Pal Jang (8)
- Black Belt:** Taegeuk 1-8, Koryo

Board Breaking

- White Belt:** Front kick, punch
- Yellow Belt:** Side kick, palm
- Orange Belt:** Step-side kick, elbow
- Green Belt:** Back kick, knife hand
- Blue Belt:** Jumping front kick, Back fist
- Purple Belt:** Jumping side kick, ridge hand
- Brown Belt:** Jumping back kick, downward knife hand
- Red Belt:** Spinning roundhouse, knife hand & elbow
- Red High Belt:** Double round kick, spinning round kick
- Black Belt:** Instructors choice

One Step Sparring

White Belt

- Low block, punch
- Outside block, punch
- High block, punch

Yellow Belt

- Low block, front kick
- Inside block, punch

Orange Belt

- Inside block, side kick
- Outside block, round kick

Green Belt

- Outside knife hand block, punch
- Slide back, jump front kick, punch, punch

Blue Belt

- inside block, back fist
- high knife hand block, knife hand strike

Purple Belt

- Knife hand grab, elbow
- High block, side kick, elbow

Brown Belt

- Knife hand strike/grab, round kick
- Outside block, punch, front kick, punch
- Inside palm block, palm strike, back fist

Red Belt

- Double knife hand block, punch, front kick
- Double knife hand block, elbow, back fist
- Double Outside block, knee, double punch

Red High Belt

- 10 one step sparring techniques of your choice

Black Belt

- 10 one step sparring techniques of your choice

Self Defense

White Belt

- Shoulder grab defense
- Hand grab defense

Yellow Belt

- Shoulder grab defense
- Hand grab defense

Orange Belt

- Double shoulder grab defense
- Double hand grab defense

Green Belt

- Double back shoulder grab defense
- Choke defense

Blue Belt

- Round kick defense with sweep
- Hand shake defense

Purple Belt

- Shoulder grab defense with take down
- Double hand grab defense with arm lock

Brown Belt

- Head lock defense
- Hair grab defense
- Punch defense with sweep

Red Belt

- Shoulder push defense
- Knife disarm
- Overhead knife attack defense

Red High Belt

- Rear Bear Hug
- Shirt grab take down

Black Belt

- 10 self defense techniques of your choice



Brown belts and above are required to write essays or reports on instructor's chosen topic.