

Requirements for Promotion to Red or Green Belt

- 1) Basic Motion – the student should be able to demonstrate all techniques for yellow belt. These techniques should be performed at a level appropriate to green belt
 - a) Hand techniques
 - i) Knife hand.....Sudo
 - ii) Back fist (rap) **ee kwon or kap kwon
 - iii) Pierce
 - b) Foot techniques
 - i) Round kicktolyu chagi
 - ii) Crescent kick **pakuro chagi
 - iii) Reverse crescent kick ** ..ahnuro chagi
 - iv) Jump front kick **idan ap chagi
 - c) Combinations
 - i) Up block/punch.....sangdan maki/chung kwon
 - ii) Fugul side kickfugul jaseh yup chagi
 - iii) Fugul sudo block.....fugul jaseh sudo maki
 - iv) Front kick/punchap chagi/chung kwon
 - v) Standing front/side kick ...ap chagi
 - vi) Step-in side kick.....
- 2) Kata – The student should know these forms
 - a) Lower belt forms
 - b) Pinan 1
 - c) Pinan 2 **
- 3) One Step Sparring
 - a) The student should demonstrate five to seven new techniques
 - b) Elbow locks are permitted
 - c) Wrist locks, chokes, strangles, and take-downs are not permitted
- 4) Jujitsu – The student should be able to demonstrate all previously learned techniques
 - a) Defenses against four “new” attacks are required
 - b) The recommended set includes belt grab lapel grab, front hair grab and full nelson. Alternative attacks are allowed at the instructor’s discretion.
 - c) Elbow locks are permitted

d) Wrist locks, chokes, strangles, and take-downs are not permitted

5) Other

a) The student must have competed in at least one intramural tournament **

b) The student should know all applicable Korean terminology

c) The student may be asked to demonstrate free sparring

d) The student may be asked to attempt a simple breaking technique. (This will happen rarely).

e) The student is responsible for all lower belt material

6) Exam rules

a) The student should have the instructor's permission to take the exam

b) The student should register prior to the exam date

c) The student must wear full uniform (gi top, gi pants, and belt). The uniform should be neat and clean. The sleeves should NOT be rolled up.

Note: Items marked with “” are required for green belt but not for red belt.**