

REQUIREMENTS TO TEST FOR RANK:

White/Stripe:

Basic Techniques

Hands:

Low Block

High Block

Middle Punch

High Punch

Feet:

Front Kick

Stepping Side Kick

Side Kick

Round Kick

Forms:

Sae Kye Hyung Il Bu

General Knowledge:

Korean for all above mentioned techniques and basic commands in class and to begin class, as well as numbers and stances

*No sparring or breaking required.

* **Should be able to do 5 quality push ups**

REQUIREMENTS TO TEST FOR RANK:

Orange:

ATTENDANCE REQUIREMENTS:

***To test on time, a minimum of eight (8) classes each month is required.**

*Know all techniques and general knowledge for previous belts as well as:

Basic Techniques

Hands:

Side Punch

Side Block

Inside/Outside Block

Feet:

Spinning Back Kick

Inside/Outside Crescent Kick

Axe Kick

Jumping Front Kick (Deah)

Forms:

Sae Kye Hyung E Bu

General Knowledge:

Korean for all above mentioned techniques

Definition of WTSDA belt system and meaning of white and orange belts

Name of our organization, style and grandmaster (and rank), as well as the name of your studio and chief instructor (and rank).

*No sparring or breaking required.

***Should be able to do 10 quality push ups**

REQUIREMENTS TO TEST FOR RANK:

Orange/Stripe:

ATTENDANCE REQUIREMENTS:

***To test on time, a minimum of eight (8) classes each month is required.**

*Know all techniques and general knowledge for previous belts as well as:

Basic Techniques

Hands:

Outside/Inside Block

Reinforced Block, Front Stance

High Block, Fighting Stance

Feet:

Outside/Inside Crescent Kick

Jumping Side Kick (Deah)

Jumping Round Kick (Deah)

Forms:

Sae Kye Hyung Sam Bu

Sparring:

WTSDA one-on-one sparring

General Knowledge:

Korean for all above mentioned techniques

Definition, creator and date of creation of all forms already learned.

Number of counts, moves and ki haps of all forms already learned.

*No breaking required.

***Should be able to do 10 PERFECT push ups**

REQUIREMENTS TO TEST FOR RANK:

Green:

ATTITUDE REQUIREMENT:

Commitment to training

Loud and proud responses in all classes

Maximum Effort in class

ATTENDANCE REQUIREMENTS:

***To test on time, a minimum of eight (8) classes each month is required.**

***Know all techniques and general knowledge for previous belts as well as:**

Basic Techniques

Hands:

Reinforced Block, Fighting Stance

Low Knife Defense

Spear Hand

Feet:

Wheel Kick

Hook Kick

Stepping Hook Kick

Jumping Front Kick (E Dan)

Jumping Side Kick (E Dan)

Jumping Round Kick (E Dan)

Forms:

Pyung Ahn Cho Dan

Sparring:

WTSDA one-on-one

Breaking:

One kick technique: stepping side kick

General Knowledge:

Korean for all above mentioned techniques (a minimum of twenty (20) terms).

Definition, creator and date of creation of all forms already learned.

Number of counts, moves and ki haps of all forms already learned.

Meaning of Green Belt

Review "Oral Test" questions for Green Belt in the Gup Manual.

***Should be able to do 15 PERFECT push ups**

REQUIREMENTS TO TEST FOR RANK:

Green/Stripe:

ATTITUDE REQUIREMENT:

Commitment to training

Loud and proud responses in all classes

Maximum Effort in class

ATTENDANCE REQUIREMENTS:

***To test on time, a minimum of eight (8) classes each month is required.**

*Know all techniques and general knowledge for previous belts as well as:

Basic Techniques

Hands:

Middle Knife Defense

Low X Block

High X Block

Hand Combinations

Feet:

Diagonal Kick

Spinning Hook Kick

Spinning Crescent Kick

Jumping Axe Kick (E Dan)

Kick Combinations

Forms:

Pyung Ahn E Dan

One-Steps (Hands, Feet & Self-Defense):

#1-5

Advanced Self-Defense

Side fall

Sparring:

WTSDA one-on-one

Breaking:

One hand technique: supported elbow break

One kick technique: axe kick (back leg)

General Knowledge:

Korean for all above mentioned techniques (a minimum of twenty (20) terms).

Definition, creator and date of creation of all forms already learned.

Number of counts, moves and kihaps of all forms already learned.

Meaning of Association Flag/Logo.

Review "Oral Test" questions for Green Belt in the Gup Manual.

***Should be able to do 20 PERFECT push ups**

REQUIREMENTS TO TEST FOR RANK:

Brown:

ATTITUDE REQUIREMENT:

Commitment to training

Loud and proud responses in all classes

Example for other students

Maximum Effort in class

ATTENDANCE REQUIREMENTS:

***To test on time, a minimum of eight (8) classes each month is required.**

*Know all techniques and general knowledge for previous belts as well as:

Basic Techniques

Yuk Soo

Yuk Gin

Hand and Kick Combinations

Feet:

Jumping, Spinning Hook Kick (Deah)

Jumping, Spinning Crescent Kick (Deah)

Forms:

Pyung Ahn Sam Dan

One-Steps (Hands, Feet & Self-Defense):

#1-10

Advanced Self-Defense

Back fall

Sparring:

WTSDA one-on-one

Breaking:

One hand technique: hammer fist break

One kick technique with jumping action: jumping axe kick (e dan)

General Knowledge:

Korean for all above mentioned techniques (a minimum of thirty (30) terms).

Definition, creator and date of creation of all forms already learned.

Number of counts, moves and ki haps of all forms already learned.

Meaning/symbolism of Korean and National flags.

Meaning of Brown Belt.

Review "Oral Test" questions for Brown Belt in the Gup Manual.

Student's leadership qualities may be examined.

***Should be able to do 25 PERFECT push ups**

REQUIREMENTS TO TEST FOR RANK:

Brown/Stripe:

ATTITUDE REQUIREMENT:

Commitment to training

Loud and proud responses in all classes

Example for other students

Maximum Effort in class

ATTENDANCE REQUIREMENTS:

***To test on time, a minimum of nine (9) classes each month is required.**

*Know all techniques and general knowledge for previous belts as well as:

Basic Techniques

2-3 Hand and Kick Combinations

Feet:

Jumping, Spinning Back Kick (Deah)

Jumping, Spinning Round Kick (E Dan)

All Jumping Kicks

Focus/Target Kicks

Forms:

Pyung Ahn Sah Dan

Weapons:

Basic staff techniques (picking up a staff, spins, blocks, etc.)

One-Steps (Hands, Feet & Self-Defense):

#1-15

Advanced Self-Defense

Forward roll

Sparring:

WTSDA one-on-one

Breaking:

For 17 years & older - supported knife hand break

For 16 years & younger - supported palm heel

One kick technique with jumping action: jumping front kick (e dan)

General Knowledge:

Korean for all above mentioned techniques (a minimum of thirty (30) terms).

Definition, creator and date of creation of all forms already learned.

Number of counts, moves and ki haps of all forms already learned.

WTSDA Codes, Tenets and Attitude Requirements.

WTSDA history, philosophy, etiquette, etc.

Review "Oral Test" questions for Brown Belt in the Gup Manual.

Student's leadership qualities may be examined.

***Should be able to do 30 PERFECT push ups**

REQUIREMENTS TO TEST FOR RANK:

Red:

ATTITUDE REQUIREMENT:

Excellent attitude at home and in the dojang

Consistent drive to train hard

Student is an EXAMPLE for other students

All Out Effort in class

ATTENDANCE REQUIREMENTS:

***To test on time, a minimum of nine (9) classes each month is required.**

*Know all techniques and general knowledge for previous belts as well as:

Basic Techniques

2-3 Hand and Kick Combinations

Feet:

Flying Kicks

Forms:

Pyung Ahn Oh Dan

Weapons:

Basic staff techniques (picking up a staff, spins, blocks, etc.)

Bong Hyung Il Bu

One-Steps (Hands, Feet & Self-Defense):

#1-20

Advanced Self-Defense

Front fall

Sparring:

WTSDA one-on-one

Breaking:

For 17 years & older - one hand technique speed break: knife hand speed break OR reverse punch speed break

For 16 years & younger - one supported hand technique: elbow, hammer fist OR palm heel break.

One kick technique: roundhouse kick (back leg)

General Knowledge:

Korean for all above mentioned techniques (a minimum of forty (40) terms).

Definition, creator and date of creation of all forms already learned.

Number of counts, moves and ki haps of all forms already learned.

WTSDA Codes, Tenets and Attitude Requirements.

WTSDA history, philosophy, etiquette, etc.

Review "Oral Test" questions for Red Belt in the Gup Manual.

Student's leadership and teaching ability may be tested.

***Should be able to do 35 PERFECT push ups**

REQUIREMENTS TO TEST FOR RANK:

Red/Stripe:

ATTITUDE REQUIREMENT:

Excellent attitude at home and in the dojang

Consistent drive to train hard

Student is an **EXAMPLE** for other students

All Out Effort in **EVERY** class

ATTENDANCE REQUIREMENTS:

***To test on time, a minimum of nine (9) classes each month is required.**

*Know all techniques and general knowledge for previous belts as well as:

Basic Techniques

2-3 Hand and Kick Combinations

Feet:

Flying Kicks

Forms:

Bassai

Weapons:

Basic and advanced staff techniques (picking up a staff, spins, blocks, reverse spins, behind the back, passing between hands in reverse, etc.)

Bong Hyung Il Bu

One-Steps (Hands, Feet & Self-Defense):

#1-25

Advanced Self-Defense

Basic self-defense against a weapon

Breaking fall/roll

Sparring:

One-on-two sparring

Breaking:

One hand technique power break: 2 board palm heel or hammer fist break

One kick technique speed break: spinning hook kick

General Knowledge:

Korean for all above mentioned techniques (a minimum of forty (40) terms).

Definition, creator and date of creation of all forms already learned.

Number of counts, moves and ki haps of all forms already learned.

WTSDA Codes, Tenets and Attitude Requirements.

WTSDA history, philosophy, etiquette, etc.

Review "Oral Test" questions for Red Belt in the Gup Manual.

***Should be able to do 40 PERFECT push ups**

REQUIREMENTS TO TEST FOR RANK:

Blue:

ATTITUDE REQUIREMENT:

Excellent attitude at home and in the dojang

Consistent drive to train hard

Student is an EXAMPLE for other students

All Out Effort in EVERY class

ATTENDANCE REQUIREMENTS:

***To test on time, a minimum of nine (9) classes each month is required.**

*Know all techniques and general knowledge for previous belts as well as:

Basic Techniques

Multi-combination techniques

Double-action techniques

Forms:

Naihanchi Cho Dan

Weapons:

Basic and advanced staff techniques (picking up a staff, spins, blocks, reverse spins, behind the back, passing between hands in reverse, etc.)

Bong Hyung E Bu

One-Steps (Hands, Feet & Self-Defense):

#1-30

Advanced Self-Defense

Sitting or lying down

Weapon defense

Back roll

Dive roll

Fall and roll combinations

Sparring:

One-on-two sparring

Three-step sparring

Breaking:

Multiple board set up with:

One hand technique of choice

Jumping roundhouse kick (e dan)

Wheel kick (speed or supported)

Jumping, spinning side kick (deah)

General Knowledge:

Korean for all above mentioned techniques (a minimum of fifty (50) terms).

Definition, creator and date of creation of all forms already learned.

Number of counts, moves and ki haps of all forms already learned.

WTSDA Codes, Tenets and Attitude Requirements.

WTSDA history, philosophy, etiquette, etc.

Review "Oral Test" questions for Red Belt in the Gup Manual.

***Should be able to do 50 PERFECT push ups**