



Adult Requirements Through Black Belt

	Rank	Form	Self Defense	Breaks	Minimum Time to Reach
	White	Ki Choy Hung	4 Direction	None	
	Yellow	Chun Ji	A1-A5	Choice	3
	Orange	Tae Guk 1	A6-A7	Axe	6
	Adv. Orange	Dan Gun	A8-A10	Side Kick	9
	Green	Tae Guk 2	A11-A15	Front Kick	1 year
	Adv. Green	Tae Guk 3	A16-A20	Spin Back	3
	Blue	Do San	Break Aways	Any Hand Technique	6
	Adv. Blue	Tae Guk 4	Free Flow Punch Self Def	Any Elbow	9
	Purple	Tae Guk 5	Kick Self Def	Any Jump Kick	2 year
	Adv. Purple	Won Hyo	Same Side Wrists	Flying Side Kick	3
	Red	Tae Guk 6 Yul Guk	Cross Wrists	Roundhouse	6
	Adv. Red	Tae Guk 7 Jun Gun	Grabs	Spin Hook	9
	Brown	Tae Guk 8 Toi Gye	Headlocks & Bear hugs	Any 2 Board Power Break	3 year
	Adv. Brown	Hwa Rang Choong Mo	Knife Defense	Any Speed Break	3
	Recommended Black	All 8 Tae Guk All 9 ITF 1 Creative	Creative 5 Total Min. - 1 Kick, 2 Punch, 1 Other Attack	8 Boards, Max. 5 Stations 1 Kick W/ Each Leg 1 Hand Techniq. W/ Each Hand 1 Combination 1 Brick	6
	Black				4 Year