



Promotion Requirements

Belts	Gup	Basic Attacks, Blocks & Stepping	One Step Punching & Kicking Techniques	Kicking Techniques	Hapkido	3 Step	Poomse/Forms		Board Break	Alternate Break
							Mandatory	Elective		
Yellow Stripe	9	Punching Basics 1 Stepping Basics 1 - 3	N/A	Ap chagi (Front Snap Kick) Mireo Chagi (Push Kick) Dollyo Chagi (Round House Kick)	N/A	N/A	N/A	Taeguk II Jang (first 8 movements)	Ap Chagi	
Yellow	8	Punching Basics 1 - 2 Stepping Basics 1 - 5	N/A	Yop Chagi (Side Kick) Dwi Chagi (Back Kick) Bakkat Chagi (Crescent Kick)	N/A	N/A	Taeguk II Jang	Taeguk Ee Jang	Yop Chagi	
Green Stripe	7	Punching Basics 1 - 3 Stepping Basics 1 - 7	N/A	Nerea Chagi (Double) Bit Chagi (Counter RH) Gauro Chagi (Cut Kick)	1 - 2	1	Taeguk Ee Jang & Kibon II Dan	Taeguk Sam Jang	Dollyo Chagi	
Green	6	Punching Basics 1 - 4 Stepping Basics 1 - 10	1 & 2	Naeryo Chagi (Drop Kick) Rear Leg Counter RH Lead Leg Counter RH	1 - 4	1 - 2	Taeguk Sam Jang	Taeguk Sa Jang	Dwi Chagi	
Blue Stripe	5	Punching Basics 1 - 5 Stepping Basics 1 - 10	1 - 4	Hooryo Chagi (Hook Kick) Dolgae Chagi (360° RH Kick)	1 - 6	1 - 3	Taeguk Sa Jang & Kibon Ee Dan	Taeguk Oh Jang	Naeryo Chagi	
Blue	4	Punching Basics 1 - 6 Stepping Basics 1 - 10	1 - 6	Wheachook Chagi (Spin Hook)	1 - 8	1 - 4	Taeguk Oh Jang	Taeguk Yuk Jang	Skip Yop Chagi	
Red Stripe	3	All the Above	1 - 8	Counter Spin Hook	1 - 10	1 - 5	Taeguk Yuk Jang & Kibon Sam Dan	Taeguk Chil Jang	Jump cresent (1 Board)	Jump Ap Chagi (2 Boards)
Red	2	All the Above	1 - 10	Counter Dolgae Chagi (360° RH Kick)	1 - 12	1 - 6	Taeguk Chil Jang	N/A	Hook Kick + one free break (1 Board)	Jump Turn Back (2 Boards+)
Black Stripe	1	All the Above	Practice 1 - 10	Practice all kicks & tactics	Practice 1 - 12	1 - 7	Taeguk Pal Jang & Kibon Sa Dan	N/A	2 Breaks	Speed & Jump
Black Belt	1st Dan	All the Above	Practice 1 - 10	Practice all kicks & tactics	Practice 1 - 12	1 - 8	Koreyo Cho-shim & Chulgi II Dan	N/A	3 Breaks	1 Brick