

Taekwondo Advancement Requirements

		Korean	Forms	Self-Defense	Hand Techniques	Kicking Techniques	Footwork	Board-Breaking
3 Months (20 training hours)	Yellow	Cha Ryut - <i>Attention</i> Kyung Ye - <i>Bow Counting 1-10</i>	Taeguek Il Jang	Same Side Wrist Grab Same Side Wrist Grab (Both Hands)	Horse Stance Punches Front Stance Low Block Front Stance Middle-Section Punch	Stretch Kicks Front Kick Round Kick	Junjin Step Hoojin Step	
6 Months (40 hrs)	Orange	Jun Bi - <i>Standing Ready</i> Pai Chagi Jun Bi - <i>Kicking Stance Ready</i> Joo Choom Seogi Jun Bi - <i>Horse Stance Ready</i> Sabum Nim - <i>Master Instructor</i>	Taeguek Yi Jang	Opposite Side Wrist Grab (Escape) Opposite Side Wrist Grab (Joint Lock)	Front Stance Upper Block Front Stance Out-to-In Block Front Stance In-to-Out Block	Fast Kick Stepping Side Kick	Ilbo Junjin Step Ilbo Hoojin Step	
9 Months (60 hrs)	Green	Ap Chagi - <i>Front Kick</i> Yeop Chagi - <i>Side Kick</i> Dul-lya Chagi - <i>Round Kick</i>	Taeguek Sam Jang	Double Wrist Grab	Back Stance Knife-Hand Block Back Stance In-to-Out Block Front Stance Out-to-In Knife-Hand Strike Back Stance In-to-Out Knife-Hand Strike	Back Kick High Round Kick Back-Leg Side Kick Jumping Round Kick	Dashing Step Back Step	Stepping Side Kick
1 Year (80 hours)	Blue	Sabum Nim Ke Kyung Ye - <i>Bow to the Master</i> Kuki-e De Hayo Kyung Ye - <i>Bow to the Flags</i>	Taeguek Sa Jang	Behind-the-Back Wrist Grab Bear Hug	Front Stance Backfist Double Knife-Hand Block	Spinning Hook Kick Axe Kick	90 Degree Side Step	In-to-Out Knife-Hand Strike
1 Year, 3 Months (100 hrs) --1 Year, 6 Months (120 hrs)	Brown --Stripe Test	Win-bal - <i>Left Foot</i> Oh-reun-bal - <i>Right Foot</i> Win-son - <i>Left Hand</i> Oh-reun-son - <i>Right Hand</i>	Taeguek Oh Jang --Taeguek 1-4	Front Choke Rear Choke	Front Stance Palm-Heel Strike Front Stance Tiger-Mouth Strike	Jumping-Back Round Kick Narabang Front Leg Counter Round Kick		Front Kick Out-to-In Knife-Hand Strike
1 Year, 9 Months (140 hrs)	Red	Tenets of Taekwondo --Courtesy --Integrity --Perseverance --Self-Control --Indomitable Spirit	Taeguek Yook Jang	Opposite Side Wrist Grab (Advanced) Front Choke Single Wrist Lock		Single Leg Double Round Kick Jumping Double Round Kick		Axe Kick
2 Years (160 hrs) --2 years, 3 Months	High Red --Stripe Test		Taeguek Chil Jang --Taeguek 1-7	Half-Nelson Full-Nelson	Double Uppercut Punch Double Face Punch	Counter Axe Kick Jumping Front Leg Axe Kick Counter Spinning Hook Kick		Spinning Hook Kick Straight Punch
2 Years, 6 Months (180 hrs)	Poom	Review	Taeguek Pal Jang	Ground Defense Mount Escape	Review	Review	Review	Two-Board Side Kick Two-Board Hammer Fist
3 Years (240 hrs)	Black	Essay	Taeguek Review Koryo	Review	15-Technique Demonstration	10-Kick Demonstration		Speed Break