

Taekwondo Promotion Guidelines

Each belt in the Martial Arts is full of meaning and philosophy. As a student advances from white belt to black belt, it symbolizes the knowledge and power the student has learned and experienced.

Belt color signifies rank, or proficiency. The small colored bands across the end of the belt indicate the levels within each color. Students have to pass practical and theory tests to progress to the next rank. A serious student can reach Poom (junior under age 16) or Dan (degree age 16+) black belt in about three years.

To advance from one rank to another, students will need to qualify for promotion testing. Each student is different and will promote at a pace measured by skill and not a timeline.

When a student has accomplished each of these requirements, they will be given a promotion application which will need to be filled out and turned in prior to the next available promotion testing date.



White Belt Checklist for promotion to High White Belt

Form:

Low Block
Middle Block
High Block
Knife Hand Block
Punch/Reverse Punch

Kicks:

Stretching Kick 1
Stretching Kick 2
Front Kick
Side Kick
Flying Side Kick
Round House Kick

Stances:

Attention
Joon bi

Footwork:

Half Turn

Self-defense:

Same side wrist grab
Cross side wrist grab
Double wrist grab

Striking:

1 Jab
2 Jab – Cross

Mental:

Meaning of Self-discipline

Breaking:

Flying Side Kick



Belt stripes will be provided upon learning the required form, kicks, completing the monthly newsletter, academics and self-discipline sheet.

High White Belt Checklist **for Promotion To Yellow Belt**

Form:

Teageuk 1

Kicking:

Axe Kick 1-3

Push Kick

Back Kick

Footwork:

Step Forward

Step Backward

Self-defense:

2 on 2 Front Wrist Grab

2 on 2 Back Wrist Grab

Tumbling:

Break Fall Backwards

Shoulder Roll

Stances:

Walking Stance

Front Stance

Striking:

3 Jab-Cross-Hook

Palm Strike

Mental:

Meaning of Courtesy

Breaking:

Axe Kick



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Yellow Belt Checklist for Promotion To High Yellow Belt

Form:

Teageuk 2

Kicking:

Skipping Side Kick
Skipping Hook Kick
Skipping Round Kick
Skipping Axe Kick

Footwork:

Skip Forward
Skip Back

Self-defense:

Front Choke – Side Kick

Rear Choke – Duck Under Escape

Tumbling:

Shoulder Roll w/Break Fall

Stances:

Horse Stance

Striking:

Boxing 4- Jab, Cross, Hook, Cross

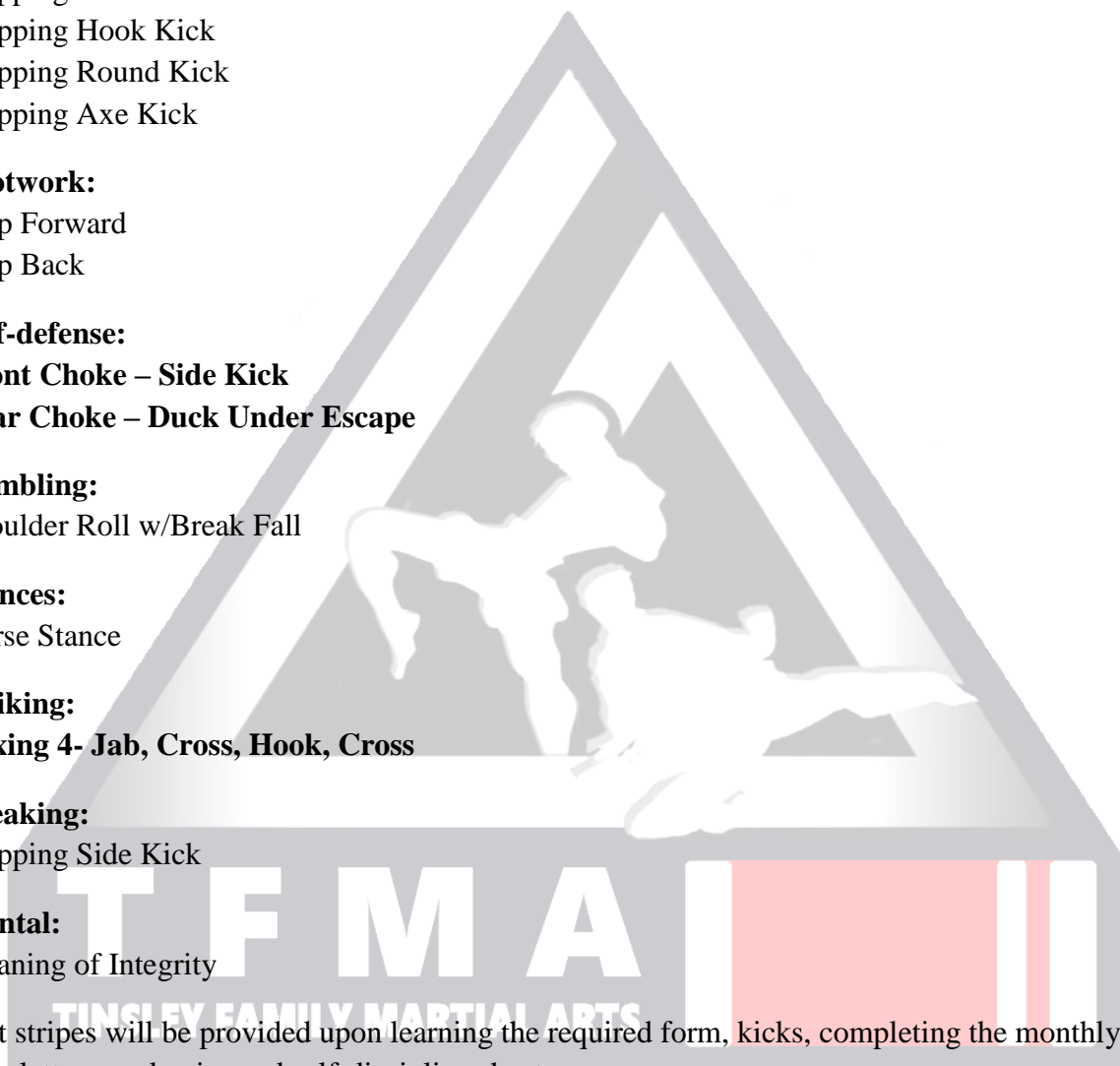
Breaking:

Skipping Side Kick

Mental:

Meaning of Integrity

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High Yellow Belt Checklist for Promotion To Green Belt

Form:

Teageuk 3

Kicking:

Back Turn Round Kick

Paduchagi – skip back round kick

Step In Round Kick

Footwork:

Back turn

Self-defense:

Rear Choke Defense #2 – turn outside leg reap

Front Shoulder Grab #1 – Break away

Stances:

Back Stance

Striking:

Boxing #s 1-4 w/kicks

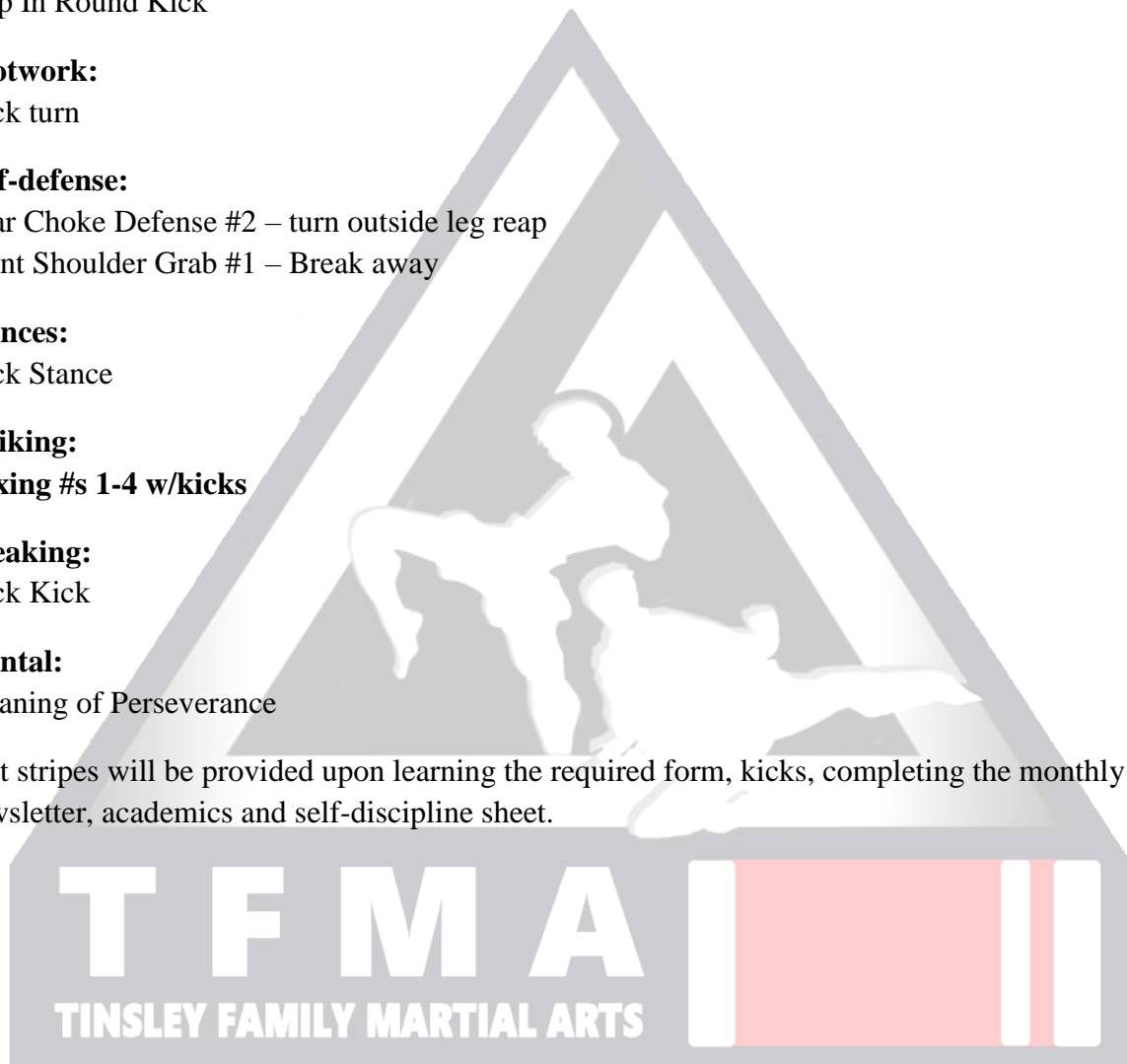
Breaking:

Back Kick

Mental:

Meaning of Perseverance

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Green Belt Checklist for Promotion To High Green Belt

Form:

Teaguek 4

Kicking:

Checking Round Kick

Checking Side Kick

Checking Hook Kick

Jump Front Kick

Footwork:

Front Foot Fake Motion

Double Skip In

Self-defense:

Rear Choke Defense #3-Should Throw

Should Grab #2-Arm Lock

Striking:

Double Pillar Defense

Triangle Block

with #'s 1-4 and kicks

Spear Finger

Breaking:

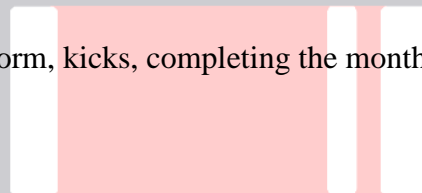
Jump Front Kick

Mental:

Self-control

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High Green Belt Checklist for Promotion To Blue Belt

Form:

Teageuk 5

Kicking:

Front Foot Side Kick

Front Foot Hook Kick

Front Foot Round Kick

Footwork:

Elite Hop Back

Self-defense:

Shoulder Push Two Hands-Re-direct down

Chest Push Single Hand-Arm lock

Stances:

Left and Right Stance

Striking:

Elbow

Hammer Fist

Back Fist

Roll Defense against a hook

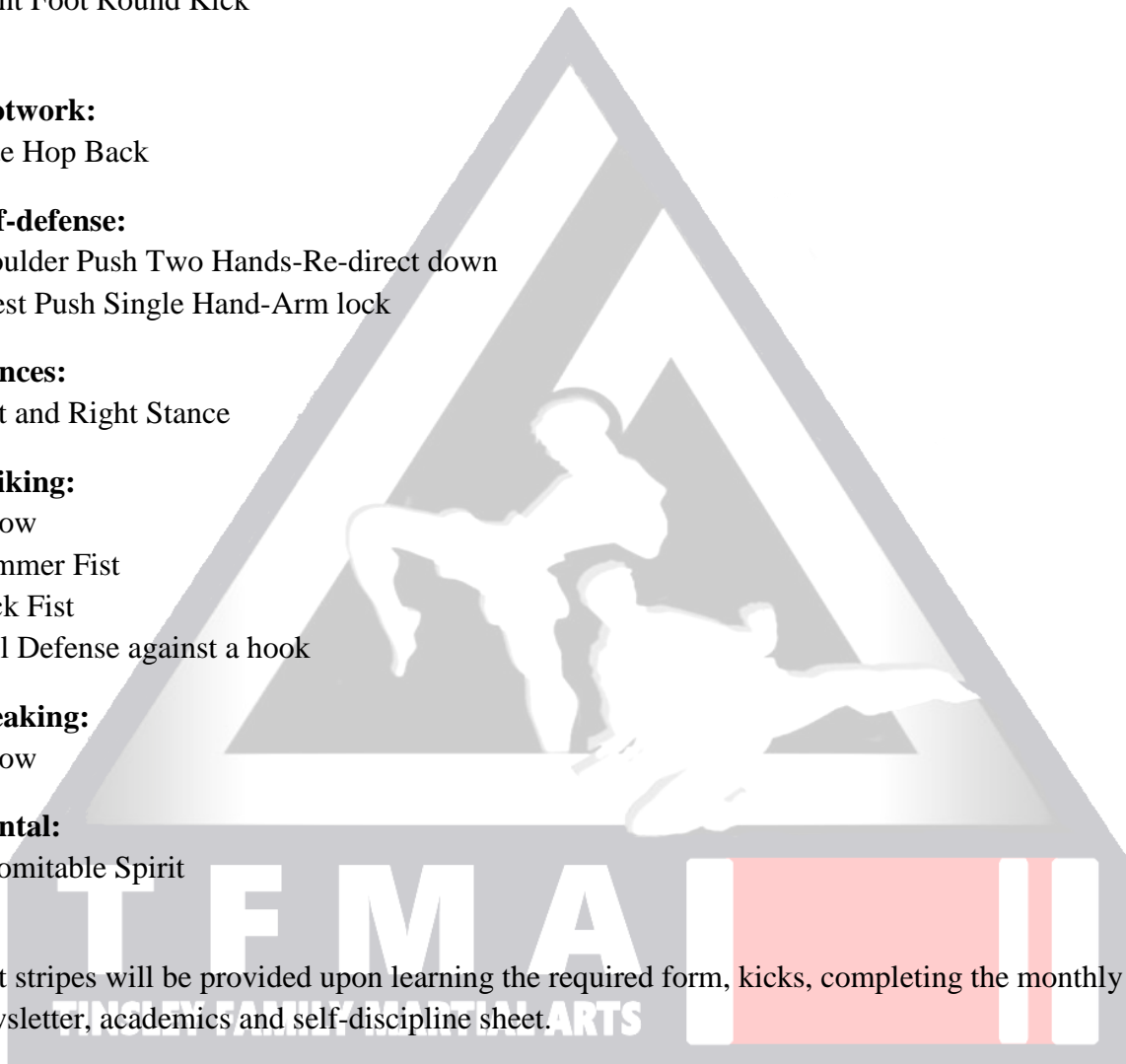
Breaking:

Elbow

Mental:

Indomitable Spirit

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Blue Belt Checklist for Promotion To High Blue Belt

Form:

Teageuk 6

Kicking:

Cut Side Kick

Cut Round Kick

Cut Hook Kick

Wheel Kick

Footwork:

Cut Motion

Front Knee Up Fake

Self-defense:

Front Bear Hug #1 Escape

Front Bear Hug #2 Throw

Striking:

Hammer Block

High Rising Knife Hand Block

Slip Defense against straight punches

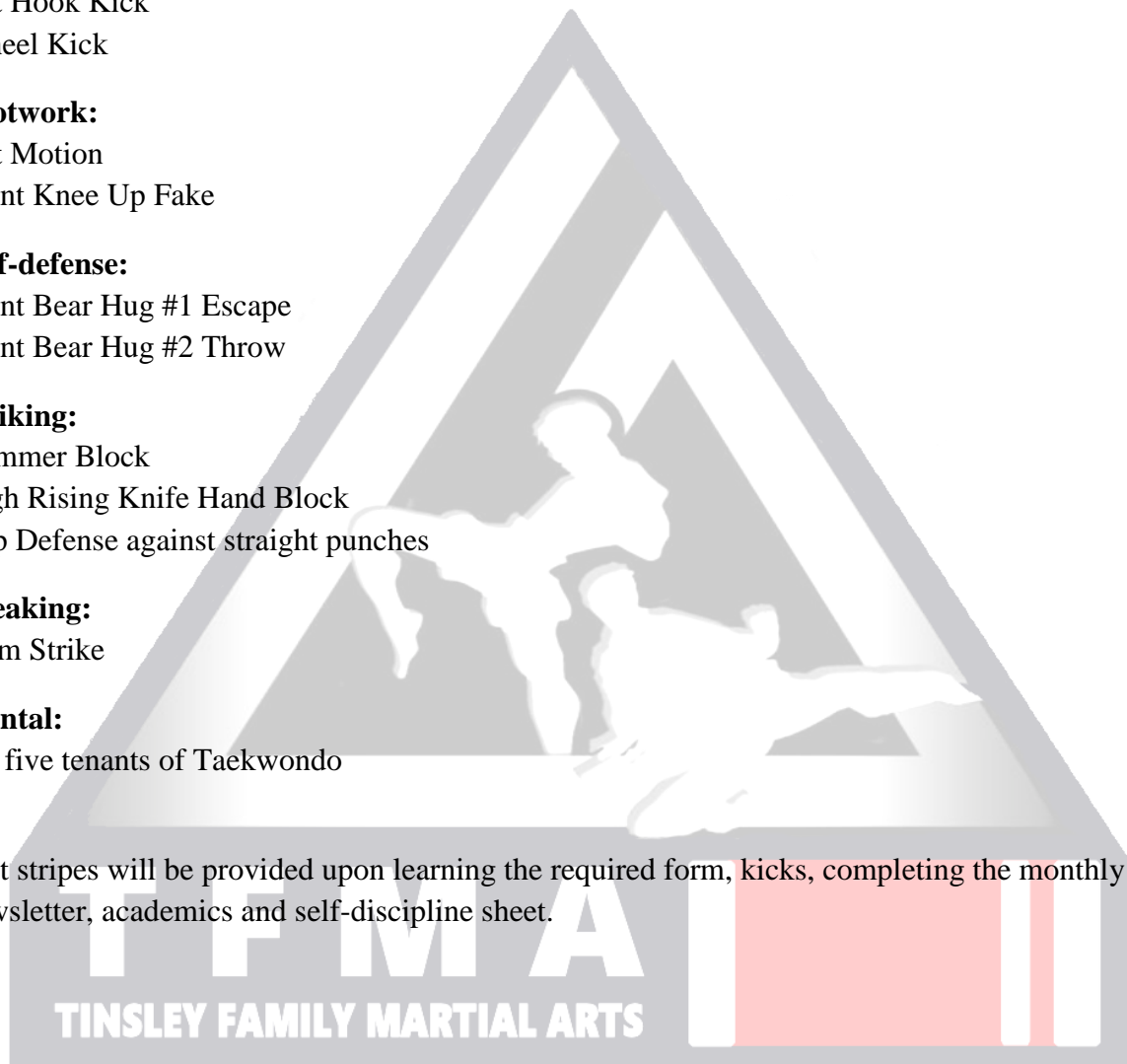
Breaking:

Palm Strike

Mental:

All five tenants of Taekwondo

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High Blue Belt Checklist for Promotion To Red Belt

Form:

Teageuk 7

Kicking:

Double Round Kick

Double Side Kick

Double Hook Kick

Interchange Double Kicks

Footwork:

Diagonal Skip Backward

Self-defense:

Rear bear hug-should lock

Rear bear hug-floor touch take down

Stances:

Tiger Stance

Striking:

Double Uppercut

Slip and Roll Drill

Breaking:

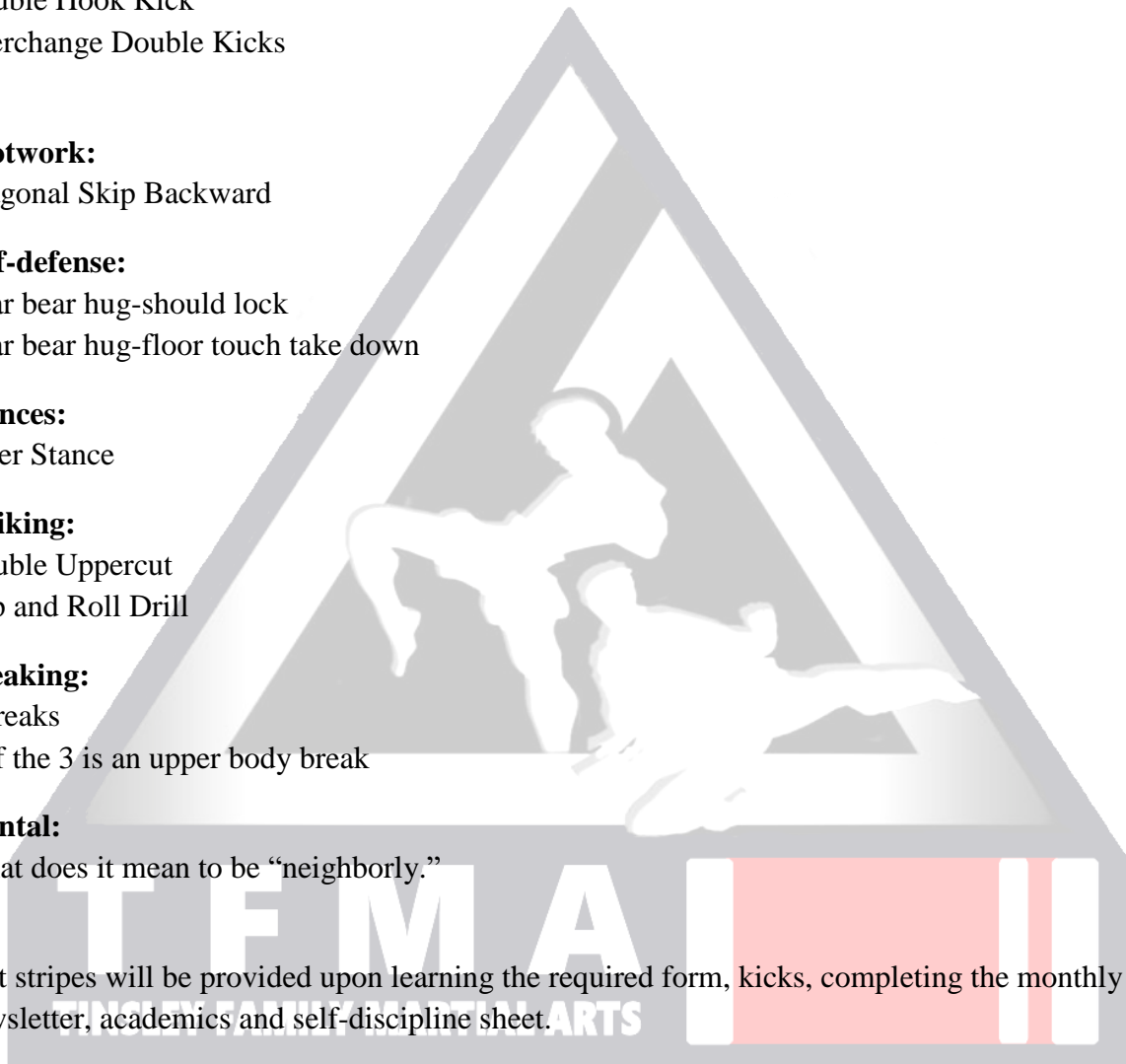
3 breaks

1 of the 3 is an upper body break

Mental:

What does it mean to be “neighborly.”

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Red Belt Checklist for Promotion To High Red Belt

Form:

Teageuk 8

Kicking:

Jump Round Kick

Jump Wheel Kick

Jump Axe Kick

Jump Back Kick

Footwork:

Understanding Fakes and Feint Motions

3 Dimension Movement

Self-defense:

Side Headlock Defense – Break away and should lock restraint

Front Headlock (Guillotine defense standing) – break away and spin behind

Striking:

#’s 1-4 with slip and roll combinations

Knee Strikes

#’s 1-4 knees

Breaking:

Jump Axe Kick

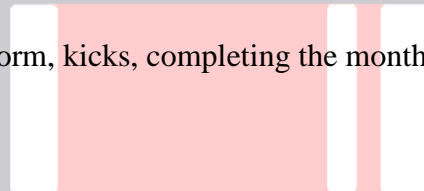
Jump Back Kick

Mental:

When is okay to use Taekwondo?

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High Red Belt Checklist for Promotion To 1st Poom/Dan Black Belt

Form:

Koryo

+ 3 random other forms

Kicking:

Tornado Round Kick

Jump Wheel Kick

Fast Double

Spinning Hook Kick

Footwork:

All Fundamental Footwork

Self-defense:

Mount Escape - Bridge and Roll and Stand Up

Tackle Defense arms trapped – throw

Striking:

#5 – Hook, Cross, Hook

#6- Cross, Hook, Croos

#7-Lead Uppercutt, Cross, Hook

#8-Rear Uppercutt, Hook, Cross

Flow #'s 1-8 in sequence

Breaking:

Skipping side kick both legs

Jump back kick both legs

Tornado round kick one leg

Jump wheel kick one leg

Mental:

1 Page paper on what does it mean “to be a black belt.”

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