






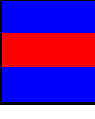





Belt Order and Symbolic Meaning

White Belt		White signifies a birth, or beginning, of a seed. A white belt student is a beginner searching for knowledge of the art.
White Belt w/Yellow Stripe		The yellow stripe signifies the first beam of sunlight which shines upon the seed. Yellow signifies the flooding of sunlight, giving the seed new strength with the beginning of new life. A yellow belt student is given their first ray of knowledge from an instructor, opening their mind.
Yellow Belt		
Yellow Belt w/Green Stripe		The green stripe signifies the growth of the seed as it sprouts from the earth. Green signifies the sprout reaching toward the sun and beginning to grow into a plant. A green belt student learns to further develop and refine their techniques.
Green Belt		
Green Belt w/Blue Stripe		Blue signifies the blue sky as the plant continues to grow toward it. A blue belt student moves up higher in rank just as the plant grows taller. The light feeds the plant so it can continue to grow. The student is fed additional knowledge of the art in order for their body and mind to continue to grow and develop.
Blue Belt		
Blue Belt w/Red Stripe		Red signifies the red-hot heat of the sun as the plant continues to grow toward it. A red belt student is higher in rank, they acquire more detailed knowledge and, just as the plant grows slowly toward the sun, so the red belt student learns to be more cautious as their knowledge and physical abilities increase.
Red Belt		
Red Belt w/Black Stripe		Black signifies the darkness beyond the sun. A black belt seeks new knowledge of the art and is no longer afraid of the dark. As they begin to teach others, they begin planting new seeds (their students), many of which will take root deep into the art, blossom and grow through the ranks in a never-ending process of self-growth, knowledge and enlightenment.
Black Belt		

Historically, there were no colored belts. A white belt was utilized, and was susceptible to staining from sweat, dirt and blood as the martial artist gained valuable experience (and knowledge). The belt was never washed, in order to preserve one's "Qi" and not wash it away. Eventually, the belt would begin to fray and would again become white, representing a student whose training had come full circle.

White Belt – 10th Keub Rank Requirements

(minimum requirements to earn High White Belt – 9th Keub)

- Mak Gi (Blocks) - High Block
Low Block
(all with palm facing inward)
- Ch'a Gi (Kicks) - Rising Kick (Stretching Kick)
- Ji Reu Gi/Ch'I Gi (Punches/Strikes) - Reverse Middle Punch
- Forms (Poom Sae) - Ki' Cho Il Bo (Basic Form 1)
- Breaking (Kyuk P'a) - Snap Kick w/practice boards

Terminology –

Do Jang	Studio, School	Stretching	Pyu Gi
Yell	Ki Hap	White Belt	Hin Sek Dhee

*** Note – “a” has the sound as in palm or father; “o” has the sound as in old or open; “ae” has the sound as in ace or rate.

High White Belt – 9th Keub Rank Requirements

(minimum requirements to earn Yellow Belt – 8th Keub)

- All prior belt/rank requirements, plus:

Mak Gi (Blocks) - Outside Block
 Inside Block
 (all with palm facing inward)

Ch'a Gi (Kicks) - Front Snap Kick
 Side Kick
 Roundhouse Kick
 Axe Kick

Ji Reu Gi/Ch'I Gi (Punches/Strikes) - Reverse High Punch

Forms (Poom Sae) - Ki' Cho Yi Bo (Basic Form 2)

Breaking (Kyuk P'a) - Front Snap Kick

Terminology –

Hana	1 (one)	Yeoseot (Yasut)	6 (six)
Dul (Dool)	2 (two)	Ilgop (Ill Gope)	7 (seven)
Set	3 (three)	Yeodeol (Yo Dool)	8 (eight)
Net	4 (four)	Ahop (ah hope)	9 (nine)
Daseot (Dasut)	5 (five)	Yeol (Yool)	10 (ten)

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Yellow Belt – 8th Keub Rank Requirements

(minimum requirements to earn High Yellow Belt – 7th Keub)

- All prior belt/rank requirements, plus:

Mak Gi (Blocks) -

Inverted Blocks
Knife-hand Blocks

Ch'a Gi (Kicks) -

Stepping Side Kick
Spinning Crescent Kick
Turning Back Kick
Jump Double Snap Kick

Ji Reu Gi/Ch'I Gi (Punches/Strikes) -

Palm Heel Strike
Knife-hand Strike
Ridge-hand Strike
Tiger Mouth Strike

Combinations -

Down Block Middle Punch
High Block High Punch
Inside Block Middle Punch
Outside Block Middle Punch

Forms (Poom Sae) -

Ki' Cho Sam Bo (Basic Form 3)
*** Not required for Testing ***
Tae Guk Il Jang

Breaking (Kyuk P'a) -

Stepping Side Kick

Terminology –

Dhee	Belt	Kye Sok	Continue
Do Bok	Uniform	Bah Ro	Return to ready position
Dhee Dahnjung	Fix your belt	Kyung Yeh	Bow
Cha-ryut	Attention		

One Steps - #1- Step to outside, knife-hand block, grab arm, roundhouse to body, knife-hand to neck, grab collar, sweep

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High Yellow Belt – 7th Keub Rank Requirements

(minimum requirements to earn Green Belt – 6th Keub)

- All prior belt/rank requirements, plus:

Mak Gi (Blocks) - Open Hand High Block
Back Stance Twin Knife-hand middle Block

Ch'a Gi (Kicks) - Jumping Axe Kick Kick
Roundhouse Jump Turning Crescent Kick
Roundhouse Jump Turning Back Kick
Direct Jump Roundhouse Kick

Ji Reu Gi/Ch'I Gi (Punches/Strikes) - Reverse Knife-hand Strike
Reverse Ridge-hand Strike

Combinations - Down Block Middle Punch 4-way
High Block High Punch 4-way
Outside Block Middle Punch 4-way
Inside Block Middle Punch 5-way
Open Hand High Block Knife Hand to Throat
Back Stance Twin Knife Hand Middle Block

Forms (Poom Sae) - Tae Guk Yi Jang

Breaking (Kyuk P'a) - Roundhouse Kick w/Ball of Foot

Terminology –

Seumul (Samool)	20	Sun Bae	Senior Student
Kwan Jang Nim	Grand Master	Hu Bae	Junior Student
Sa Bum Nim	Master	Hak Saeng	Student
Kyo Sa Nim	Instructor	Sa Boo Nim	Parent
Poo Sa Bum	Assistant Instructor		

One Steps - #2- Step to inside, knife-hand block, grab wrist, palm heel to nose, tiger-mouth to throat, middle punch, low palm heel to groin, axe kick sweep
#3- Inside block, 3 punches, step behind, ear slap, sweep

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Green Belt – 6th Keub Rank Requirements

(minimum requirements to earn High Green Belt – 5th Keub)

- All prior belt/rank requirements, plus:

Mak Gi (Blocks) - Back Stance Twin Knife-hand Middle Block

Ch'a Gi (Kicks) - 360 Roundhouse
Sidekick Skipping Sidekick
Direct Jump Sidekick
Jump Front Snap Kick

Ji Reu Gi/Ch'I Gi (Punches/Strikes) - Two Finger Eye Gouge
Four Knuckles to the Throat
Reverse Knife-hand to Throat

Combinations - Twisting and Dodging
Open Hand High Block – Knife-hand to Throat
Reverse Knife-hand to Throat, Big Circle, Twin
Knife-hand down Block

Forms (Poom Sae) - Taegeuk Sam Jang

Breaking (Kyuk P'a) - Turning Back Kick

Terminology –

Choon Bi	Ready	Ki Hap	Yell
Si Jak	Begin / Start	Sadan	Thirty
Keu Man	Stop		

One Steps - #4- Roundhouse, Axe Kick, Same Leg
#5 – Roundhouse, Axe Kick, Different Leg

Sparring

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High Green Belt – 5th Keub Rank Requirements

(minimum requirements to earn Blue Belt – 4th Keub)

- All prior belt/rank requirements, plus:

Mak Gi (Blocks) -

Double Down Block
 Double Outside Block
 Wedging Block

Ch'a Gi (Kicks) -

Direct Jump Back Kick
 Stepping 360 Roundhouse
 Sidekick Stepping Hook Kick

Ji Reu Gi/Ch'I Gi (Punches/Strikes) -

Double Knife-hand Strike
 Horse Stance Side Punch/Turn into Back Stance
 Reverse Ridge-hand to Throat
 First Knuckle Punch to Throat

Combinations -

Forms (Poom Sae) -

Taegeuk Sa Jang

Breaking (Kyuk P'a) -

Jump Turning Back Kick
 Axe Kick

Terminology –

Kima Jah She	Horse Stance	Mak Gi	Block
Tol Ryu Cha Gi	Roundhouse Kick	Su-Do	Knife-hand

One Steps - #6 – Catch Arm, Spinning Elbow to Back of Head, Sweep, Punch the Face
 #7 – Step to Inside, Knife-hand Block, Ridge-hand Strike to Temple, Grab Ankle, Sweep

Sparring

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Blue Belt – 4th Keub Rank Requirements

(minimum requirements to earn High Blue Belt – 3rd Keub)

- All prior belt/rank requirements, plus:

Mak Gi (Blocks) - Must be ready for any technique

Ch'a Gi (Kicks) - Jump 360 Turning back Kick
Spinning Hook Kick
Illusion Roundhouse
540 Roundhouse

Ji Reu Gi/Ch'I Gi (Punches/Strikes) - Must be ready for any technique

Combinations - Must be ready for any technique

Forms (Poom Sae) - Taegeuk Oh Jang

Breaking (Kyuk P'a) - 3 foot techniques
1 hand technique

Terminology – Must be ready for any and all terms

One Steps - #8 – Crescent Kick, Turning Back Kick (either leg)
#9 – Step to Inside, Palm Heel to Nose, Elbow to Face, Grab Head, Knee to Groin, Throw
#10 – Step to Inside, Palm Heel to Nose, Elbow to Ribs, Other Elbow to Ribs, Sweep

Sparring

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