

Test Requirements Matrix  
Updated 11/16/16

Belt	Hand Techniques	Kicking Techniques	Master Combinations	Forms	One Steps	Self Defense	Sparring	Breaking
White	Promise to train hard !!!!							
White 1-Stripe	Basic Set Front Stance #1-#6	Front & Roundhouse	None	Basic Form #1	Basic One Steps #1-#5	White Belt #1-#3	No	Stomp Kick
Orange	Basic Set Front Stance #1-#6	Side and Jump Front	#1-#3	Basic Form #2 & #3	Basic One Steps #1-#10	White Belt #1-#5	No	Hammer Strike
Orange 1-Stripe	Basic Set Front Stance #1-#6	Inside/Outside & Outside/Inside	#1-#3	Pyong Ahn Cho Dan & Chil Sang Ee Rho	Intermediate One Steps #1-#4	Cross Hand #1-#2	No	Front Kick
Green	Basic Set Front Stance #1-#12	Back & Hook	#4	Pyong Ahn E Dan	Intermediate One Steps #5-#8	Cross Hand #1-#4	No	Elbow strike
Green 1-Stripe	Basic Set Front Stance #1-#12	Spinning Short & Long	#5	Pyong Ahn Sam Dan	Intermediate One Steps #9-#10	Same Side #1-#4	Yes	Jump Front Kick
Green 2-Stripe	Basic Set Front Stance #1-#18	Jumping Roundhouse	#6	Pyong Ahn Sa Dan	Intermediate One Steps #11-#12	Two on One #1-#3	Yes	Jump Side Kick
Red	Basic Set Front Stance #1-#24	Front Leg (all kicks)	#7	Pyong Ahn O Dan & Chil Sang Il Ro	Intermediate One Steps #13-#14	Two on Two #1-#4	Yes	Spin Heel Kick
Red 1-Stripe	Basic Set Front Stance #1-#24	Jump Version (all kicks)	#8	Bassai	Intermediate One Steps #15-#16	Side Grip #1-#2	Yes	Jump Roundhouse Kick
Red 2-Stripe	Basic Set Back Stance (#1-#30)	All previous kicks	#9-#10	Chil Sang Sam Ro	Intermediate One Steps #1-#18	Behind Grip #1-#2	Yes	Jump Back Kick