

Test Requirements Matrix (Updated 09/11/17)

Belt	Hand Techniques	Kicking Techniques	Forms	One Steps	Self Defense	Sparring	Breaking
White	Promise to train hard !!!!						
White 1-Stripe	low block, high block, inside block, middle and high punch	front kick, roundhouse kick	Basic Form #1	Basic One Steps #1-#5	White Belt #1-#3	No	Stomp Kick
Orange	side block, horse stance punch, outside/inside block	step in side kick, jump front kick	Basic Form #2 & #3	Basic One Steps #1-#10	White Belt #1-#5	No	Hammer Strike
Orange 1-Stripe	low knife hand block, knife hand strike	inside/outside kick & outside/inside kick, turning side kick	Pyong Ahn Cho Dan & Chil Sang Ee Rho	Intermediate One Steps #1-#4	Cross Hand #1-#2	No	Front Kick
Green	middle knife hand block, middle spear hand strike, elbow strike (up and across)	back kick, low-high roundhouse kick	Pyong Ahn E Dan	Intermediate One Steps #5-#8	Cross Hand #1-#4	No	Elbow strike
Green 1-Stripe	low, middle and high cross blocks, palm strikes (low,middle and high)	jump back kick, jump roundhouse kick, spinning hook kick	Pyong Ahn Sam Dan	Intermediate One Steps #9-#10	Same Side #1-#4	Yes	Jump Front Kick
Green 2-Stripe	high block - reverse punch, re-enforced block, high knife hand block	jump side kick, jump inside/outside kick, spinning inside/outside kick	Pyong Ahn Sa Dan	Intermediate One Steps #11-#12	Two on One #1-#3	Yes	Jump Side Kick
Red	middle & high short punch	outside/inside - side kick, inside/outside - roundhouse kick	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	reverse low block, inside/outside block, outside/inside block and high block	roundhouse - back kick combination, Pi Cha Gi (reverse roundhouse kick)	Bassai	Intermediate One Steps #15-#16	Side Grip #1-#2	Yes	Jump Roundhouse Kick
Red 2-Stripe	All previous material called in Korean only	All previous material called in Korean only	Chil Sang Sam Ro	Intermediate One Steps #1-#18	Behind Grip #1-#2	Yes	Jump Back Kick