

Test Requirements Matrix (Updated 01/14/2020)
 Added 4th Gup Upgrade to the requirements

Belt	Hand Techniques	Kicking Techniques	Forms	One Steps	Master Combinations	Self Defense	Breaking
White (10th Gup)	Promise to train hard !!!!						
White 1-Stripe (9th Gup)	low block, high block, inside block, middle and high punch	front kick, roundhouse kick	Basic Form #1	Basic #1-5	#1-#3	White Belt #1-#3	Stomp Kick
Orange (8th Gup)	side block, horse stance punch, outside/inside block	side kick, jump front kick	Basic Form #2 & #3	Basic #1-10	#1-#4	White Belt #1-#5	Hammer Strike
Orange 1-Stripe (7th Gup)	low knife hand block, knife hand strike	inside/outside kick & outside/inside kick	Pyong Ahn Cho Dan & Chil Sang Ee Rho	Intermediate #1-4	#1-#5	Cross Hand #1-#2	Front Kick
Green (6th Gup)	middle knife hand block, middle spear hand strike, elbow strike (up and across)	back kick, low-high roundhouse kick	Pyong Ahn E Dan	Intermediate #1-8	#1-#6	Cross Hand #1-#4	Elbow strike
Green 1-Stripe (5th Gup)	low, middle and high cross blocks, palm strikes (low, middle and high)	jump back kick, jump roundhouse kick, hook kick	Pyong Ahn Sam Dan	Intermediate #1-10	#1-#7	Same Side #1-#4	Jump Front Kick
Green 2-Stripe (4th Gup)	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 #1-12	#1-#8	Two on One #1-#3	Jump Side Kick
Green Belt 2-Stripe (4th Gup UPGRADE)			Pyong Ahn O Dan	Intermediate #1-14	#1-#9,#11-#12	Two on Two #1-#4	
Red (3rd Gup)	middle & high short punch	outside/inside - side kick, inside/outside - roundhouse kick	Chil Sang Il Ro	Intermediate #1-14	#1-#9,#11-#12	Two on Two #1-#4	Spin Heel Kick
Red 1-Stripe (2nd Gup)	reverse low block, inside/outside block, outside/inside block and high block	roundhouse - back kick combination, spin hook kick	Bassai	Intermediate #1-16	#1-#13	Side Grip #1-#2	Jump Roundhouse Kick
Red 2-Stripe (1st Gup)	All previous material called in Korean only	All previous material called in Korean only	Chil Sang Sam Ro	Intermediate #1-18	#1-#15	Behind Grip #1-#2	Jump Back Kick