

Basic Grading Requirements for Juniors **(Level Grades)**

BEGINNER LEVELS

White Belt – 10th GUP

Criteria for promotion:

Form – Ki Bon

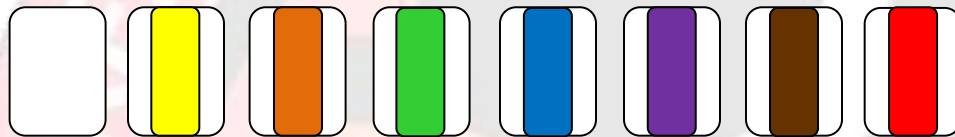
One Step – Numbers 1 – 3

Self Defence – Release from grabbing assisted with strikes to vital areas.

Technique Drills – 2 x Kicking Techniques.

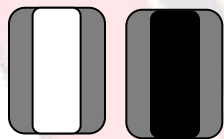
The above criteria are broken down into 8 stages/levels (depicted below) to help younger children set more realistic short term goals. This programme is known as the Lil' Dragons. Although it was primarily designed for preschool ages (3 - 4-year-olds), it can be applied to all juniors (ages 3 to 9). Promotion is based on demonstration of skill and syllabus requirements. Students may promote through more than one level if they can demonstrate all required material. Students' age and other conditional also apply.

Lil' Dragons Programme



As members promote through the Colour Belt Ranks, they will be awarded the next colour belt with White Stripe if under the age of 10. They will then spend the next 10 weeks learning and perfecting that belt's syllabus which is broken down into 2 levels. When successfully demonstrating the required material, students will promote to the Level 2. However, if applied for the Elite Grading System when achieving Level 1, students can attempt both Levels/the full rank's syllabus and promote to the next Colour/GUP Rank. Below is summary of each rank's syllabus requirements:

Grey Belt – 9th GUP



Lvl1

Lvl2

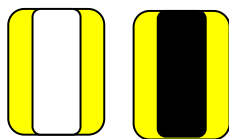
Form – Chon Ji

One Steps – Numbers 4 – 6

Self Defence – Arm Bar (*Straight Arm Lock*)

Technique Drills – 2 x Kicking Techniques.

Yellow Belt -8th GUP



Lvl1

Lvl2

Form – Dan Gun

Sparring – 5x5 concept

Self Defence – Outward Arm Bar Twist

Technique Drills – 2 x Kicking Techniques.

INTERMEDIATE LEVELS

Orange Belt – 7th GUP



Lvl1

Lvl2

Form – Do San

Sparring – Minimum of 4x two-minute rounds

Self Defence – Inward Arm Bar Twist

Technique Drills – 4 x Kicking Techniques.

Green Belt – 6th GUP



Lvl1

Lvl2

Form – Won Hyo

Sparring – Minimum of 4x two-minute rounds

Self Defence – Rear Facing Arm Bar

Breaking – 1 Technique of choice.

Technique Drills – 4 x Kicking Techniques.

Blue Belt – 5th GUP



Lvl1

Lvl2

Form – Yul Guk

Sparring – Minimum of 4x two-minute rounds

Self Defence – Inward Shoulder Twist

Breaking – 1 Technique of choice.

Technique Drills – 4 x Kicking Techniques.

ADVANCED LEVELS

Purple Belt – 4th GUP



Lvl1

Lvl2

Form – Joong Gun

Sparring – Minimum of 6x two-minute rounds

Self Defence – Inward Wrist Twist

Breaking – 1 hand & 1 foot technique

Technique Drills – 3 x Kicking & 3 x Striking Techniques.

Brown Belt – 3rd GUP



Lvl1

Lvl2

Form – Toi Gye

Sparring – Minimum of 6x two-minute rounds

Self Defence – Chicken Wing (wrist lock)

Breaking – 1 hand & 1 foot technique

Technique Drills – 3 x Kicking & 3 x Striking Techniques.

Red Belt – 2nd GUP



Lvl1

Lvl2

Form – Hwa Rang

Sparring – Minimum of 6x two-minute rounds with 2on1

Self Defence – Figure Four Lock (shoulder lock)

Breaking – 1 hand & 1 foot technique

Technique Drills – 3 x Kicking & 3 x Striking Techniques.

Senior Red Belt – 1st GUP

The Senior Red Belt syllabus is not broken down into levels. All students must spend a minimum of 20 weeks at Senior Red Belt before being considered to Grade for Black Belt. Any or all previous material may be demonstrated when Grading for Black Belt as well as the below criteria:



Form – Choong Moo

Sparring – Minimum of 6x two-minute rounds with 2on1

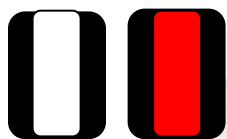
Self Defence – All previous techniques with takedowns

Breaking – 1 hand, 1 foot & 1 jump or spin technique.

Technique Drills – 3 x Kicking & 3 x Striking Techniques.

JUNIOR BLACK BELT

To reach any level of Black Belt is a massive achievement. Although there are some exceptionally talented and skilful Juniors that can learn the material and demonstrate the physical requirements for Black Belt, the maturity levels for some younger Juniors may not allow them to fully understand or appreciate what becoming a Black Belt involves. Therefore, until students are the age of 12, they will progress through the Junior Black Belt levels before being able to Grade for 1st Degree Black Belt.



Lvl1

Lvl2

Form – Free Design

Sparring – Minimum of 8x two-minute rounds with 2on1

Self Defence – All previous techniques with takedowns

Breaking – 1 hand, 1 foot & 1 jump or spin technique.

Technique Drills – 3 x Kicking & 3 x Striking Techniques.

When students achieve Junior Black Belt Level 1, they must learn the above criteria. Once Level 2 is achieved, a demonstration of their preferred area of training (other than Forms) must be performed. If the student becomes 12 years of age whilst at Junior Black Belt Level 1, they will promote straight to 1st Degree Black Belt.

자유형
태권도

1st DEGREE BLACK BELT

Many set out to achieve Black Belt as they final goal when starting to train in TaeKwonDo. Hopefully, when the times comes to achieving such a big milestone, the student realises that this is only the beginning. The overall time at 1st Degree is a minimum of 2 years. This is measure on the years not months i.e., 1st Degree is achieved in July 2019, then the earliest 2nd Degree can be Graded for is January 2021.

1st Degree has 3 levels each with its own material to learn. Regardless of age, all students will progress through all 3 levels before progressing on to 2nd Degree Black Belt. It is suggested that students serve 30 to 40 weeks per level totalling approximately 90 to 120 weeks. Progression will be dictated by how often classes are attended as well as retaining and improving the student's skill set, technical ability and knowledge of the art.

2nd DEGREE BLACK BELT

There are also 3 levels at 2nd Degree. The total time served at before being able to Grade to 3rd Degree is 3 years and is measured in years not month as outlined above. However, a student must be 16 years old to Grade for 3rd Degree (or if have been training a total of 10 years after spending minimum time at 2nd Degree at 15.5 years old). It is suggested that students serve 50 weeks at each of the 3 levels. However, if under the age of 13 when achieving 2nd Degree, students will Grade to Junior 3rd Black prior to 3rd Degree, similar to how under 12's progress to Junior Black Level 1 prior to 1st Degree. If this the case, the suggested time served per level will also reduce to 40 weeks. This will give and approximate time between achieving 2nd Degree and Grading for 3rd Degree to 140 to 150 weeks. Progression is measure in the same way as 1st Degree.