

Freestyle TaekwonDo: Adult Ranking System

1 cycle = time between Grading Events (approx. 10 weeks)

Rank	Signification	Self Defence	Form	Sparring	Breaking	Min. Time Served	Min. Age
White	Seed	Grab Releases	Ki Bon (14)	One Steps (1, 2, 3)	*Target Drills*	0.5 cycles	3 Years
Yellow	Dawn	Grab Releases with vital points	Chon Ji (19)	One Steps (4, 5, 6)	*Target Drills*	0.5 cycles	4.5 Years
Orange	Sun	Arm Bar	Dan Gun (23)	minimum 4 rounds	*Target Drills*	1 cycle	5 Years
Green	Plant	Chicken Wing	Do San (24)	minimum 4 rounds	*Target Drills*	1 cycle	6 Years
Blue	Water	Inward Shoulder Twist	Won Hyo (27)	minimum 4 rounds	*Target Drills*	1 cycle	
Purple	Twilight	Inward Wrist Twist	Yul Guk (36)	minimum 4 rounds	*Target Drills*	1 cycle	
Brown	Earth	Outwards Butterfly Lock	Joong Gun (32)	minimum 6 rounds	1 Hand & 1 Foot	2 cycles	7 Years
Senior Brown	Oak Tree	Figure Four Lock & Arm Bar Bridge	Toi Gye (37)	minimum 6 rounds	1 Hand & 1 Foot	2 cycles	
Red	Dusk	Outward & Inward Arm Bar Twist	Hwa Rang (29)	min. 6 rounds inc. 2on1	1 Hand & 1 Foot	2 cycles	8 Years
Senior Red	Sunrise	All Above with Takedowns	Choong Moo (30)	min. 6 rounds inc. 2on1	1 Hand & 1 Foot	2 cycles	
1st Degree - Level 1	Proficiency & Maturity	Headlock & Bear Hug Escapes	Kwang Gae (39)	min. 8 rds inc. 2 & 3on1	1 Hand & 2 Foot	3 cycles	10 Years
1st Degree - Level 2		Rear Facing Arm Bar	Poe Eun (36)	min. 8 rds inc. 2 & 3on1	1 Hand & 2 Foot*	3 cycles	
1st Degree - Level 3		Snaking & Telephone Arm Bar	Gae Beak (44)	min. 8 rds inc. 2 & 3on1	1 Hand, 1 Foot, 1 Spin	3 cycles	
2nd Degree - Level 1	Knowledge & Understanding	Ground Escapes	Eui Am (45)	min. 8 rds inc. 2 & 3on1	1H, 1F, 1 Spin, 1 Jump	5 cycles	12 Years
2nd Degree - Level 2		Outward Wrist Twist & Gooseneck Hold	Choong Jang (52)	min. 8 rds inc. 2 & 3on1	1H, 1F, 1 Spin, 1 Jump	5 cycles	
2nd Degree - Level 3		Reverse Butterfly Lock & Kimura Lock	Sam Il (33)	min. 8 rds inc. 2 & 3on1	1H, 1F, 1 Spin, 1 Jump	5 cycles	
3rd Degree - Level 1	Clarity & Focus	Multiple Opponent & Form Application	Yoo Sin (68)	min. 8 rds inc. multiple	1H, 1F, Spin, Jump, Power	6 cycles	15.5 Years
3rd Degree - Level 2		Multiple Opponent & Form Application	Choi Yong (46)	min. 8 rds inc. multiple	1H, 1F, Spin, Jump, Power	6 cycles	
3rd Degree - Level 3		Multiple Opponent & Form Application	Ul Ji (42)	min. 8 rds inc. multiple	1H, 1F, Spin, Jump, Power	6 cycles	
4th Degree - Level 1	Humility & Responsibility	Multiple Opponent & Form Application	Yong Gae (49)	min. 8 rds inc. multiple	2H, 1F, Spin, Jump, Power	8 cycles	20 Years
4th Degree - Level 2		Multiple Opponent & Form Application	Juche (45)	min. 8 rds inc. multiple	2H, 1F, Spin, Jump, Power	8 cycles	
4th Degree - Level 3		Multiple Opponent & Form Application	Moon Moo (61)	min. 8 rds inc. multiple	2H, 1F, Spin, Jump, Power	8 cycles	
5th Degree - MASTER	Mastery	DEMO	So San (72) & Se Jong (24)	DEMO	DEMO	5 years	26 Years
6th Degree - MASTER	Mindfulness	DEMO	Tong Il (56) & Pyong Hwa (50)	DEMO	DEMO	5 years	32 Years
7th Degree - SENIOR MASTER	Wisdom	DEMO	DEMO	DEMO	DEMO	5 years	38 Years
8th Degree - GRANDMASTER	Grandmaster	DEMO	DEMO	DEMO	DEMO	5 years	45 Years
9th Degree - SENIOR GRANDMASTER	Time Served Award. All Examiner Panel Members must agree on promotion after 5 years at 8th Degree.					5 years	52 Years
10th Degree - SUPREME GRANDMASTER	Time Served Award & highest achievable rank. Awarded after 5 years at 9th Degree and a minimum total of 40 years in TKD.					N/A	60 Years

Target Drills are not required to promote but may be demonstrated

AGE REQUIREMENTS

The age restrictions for certain ranks are list above. If the member is due to become the required age no more than 30 days after the event they may still Grade.

TIME SERVED & CLASS ATTENDANCE REQUIREMENTS

From White to Purple, members must attend a minimum of once per week to Grade after each cycle. From Brown onwards, a minimum of two classes per week must be attended before being able to Grade after minimum time served (If only attending once per week, an extra cycle must be served at each rank before being able to Grade)

ELITE GRADING SYSTEM (EGS)

Between Brown & Senior Red Belt, members may enter the EGS. This will involve students having to learn all of the material relevant of that rank plus additional requirements. If all requirements are met, members may GRADE to the next rank after 1 Grading Cycle. This is only available to students aged 7 and over.

TIME SERVED AT BLACK BELT LEVEL GRADES

The Time Served shown for Black Belt Level Grades are recommended time scales. If a member has spent more time at one level, they may have that time credited at the next level of that Degree.

At each Degree, the total time served is based on the year each is earned: 2 years at 1st, 3 years at 2nd, 4 years at 3rd, 5 years at 4th and above. The total Time Served is based in years not months/cycles

i.e. If a member achieves 1st Degree in Dec 2018 may Grade in Apr 2020 for 2nd Degree, however must still Grade through all 3 levels.

If a student is under 16 years of age, see Junior Ranking System