

# Freestyle TaeKwonDo: Junior Ranking System

Rank	Self Defence	Form	Sparring	Breaking	Min. Time Served
White	1 Grab Release	Low & Middle Block	N/A	*Target Drills*	1 cycle
Yellow Stripe	2 Grab Releases	High & Inward Block	One Step Procedure	*Target Drills*	1 cycle
Orange Stripe	3 Grab Releases	Blocks with stepping	Step Sparring (1)	*Target Drills*	1 cycle
Green Stripe	4 Grab Releases	Ki Bon (mv1-3)	Step Sparring (1)	*Target Drills*	1 cycle
Blue Stripe	5 Grab Releases	Ki Bon (mv1-6)	Step Sparring (1, 2)	*Target Drills*	1 cycle
Purple Stripe	6 Grab Releases	Ki Bon (mv1-9)	Step Sparring (1, 2)	*Target Drills*	1 cycle
Brown Stripe	7 Grab Releases	Ki Bon (mv1-12)	Step Sparring (1, 2, 3)	*Target Drills*	1 cycle
Red Stripe	8+ Grab Releases	Ki Bon (14)	Step Sparring (1, 2, 3)	*Target Drills*	1 cycle
Yellow (Level 1)	2 Grab Releases with Vital Points	Chon Ji (mv1-8)	Step Sparring (4)	*Target Drills*	1 cycle
Yellow (Level 2)	4 Grab Releases with Vital Points	Chon Ji (mv1-14)	Step Sparring (4, 5)	*Target Drills*	1 cycle
Yellow (Level 3)	8+ Grab Releases with Vital Points	Chon Ji (19)	Step Sparring (4, 5, 6)	*Target Drills*	1 cycle
Orange (Level 1)	Arm Bar	Dan Gun (mv1-9)	Sparring Drills	*Target Drills*	1 cycle
Orange (Level 2)	Arm Bar	Dan Gun (mv1-13)	minimum 4 rounds	*Target Drills*	1 cycle
Orange (Level 3)	Arm Bar	Dan Gun (23)	minimum 4 rounds	*Target Drills*	1 cycle
Green (Level 1)	Arm Bar Bridge Lock	Do San (mv1-8)	minimum 4 rounds	*Target Drills*	1 cycle
Green (Level 2)	Arm Bar Bridge Lock	Do San (24)	minimum 4 rounds	*Target Drills*	1 cycle
Blue (Level 1)	Arm Bar Bridge Lock	Won Hyo (mv1-12)	minimum 4 rounds	*Target Drills*	1 cycle
Blue (Level 2)	Arm Bar Bridge Lock	Won Hyo (27)	minimum 4 rounds	*Target Drills*	1 cycle
Purple (Level 1)	Outward Arm Bar Twist	Yul Guk (mv1-21)	minimum 4 rounds	*Target Drills*	1 cycle
Purple (Level 2)	Outward Arm Bar Twist	Yul Guk (36)	minimum 4 rounds	*Target Drills*	1 cycle
Brown (Level 1)	Outward Arm Bar Twist	Joong Gun (mv1-19)	minimum 6 rounds	1 Hand & 1 Foot	1 cycle
Brown (Level 2)	Outward Arm Bar Twist	Joong Gun (32)	minimum 6 rounds	1 Hand & 1 Foot	1 cycle
Snr. Brown (Level 1)	Inward Arm Bar Twist	Toi Gye (mv1-18)	min. 6 rounds+2on1	1 Hand & 1 Foot	1 cycle
Snr. Brown (Level 2)	Inward Arm Bar Twist	Toi Gye (37)	min. 6 rounds+2on1	1 Hand & 1 Foot	1 cycle
Red (Level 1)	Inward Arm Bar Twist	Hwa Rang (mv1-14)	min. 6 rounds+2on1	1 Hand & 1 Foot	1 cycle
Red (Level 2)	Inward Arm Bar Twist	Hwa Rang (29)	min. 6 rounds+2on1	1 Hand & 1 Foot	1 cycle
Senior Red	All Techniques with Takedown	Choong Moo (30)	min. 6 rounds+2on1	1 Hand & 1 Foot	2 cycles
Jnr. Black (Level 1)	All Techniques with Takedown	FREE DESIGN	min. 6 rounds+2on1	1 Hand & 1 Foot	2 cycles
Jnr. Black (Level 2)	All Techniques with Takedown	FREE DESIGN	min. 6 rounds+2on1	1 Hand & 1 Foot	2 cycles
Jr. 1st Degree - Level 1	Headlock & Bear Hug Escapes	Kwang Gae (39)	min. 8 rounds+2&3on1	1 Hand & 2 Foot	3 cycles
Jr. 1st Degree - Level 2	Rear Facing Arm Bar	Poe Eun (36)	min. 8 rounds+2&3on1	1 Hand & 2 Foot*	3 cycles
Jr. 1st Degree - Level 3	Snaking & Telephone Arm Bar	Gae Beak (44)	min. 8 rounds+2&3on1	1 Hand, 1 Foot, 1 Spin	3 cycles
Jr. 2nd Degree - Level 1	Ground Escapes	Eui Am (45)	min. 8 rounds+2&3on1	1H, 1F, 1 Spin, 1 Jump	4 cycles
Jr. 2nd Degree - Level 2	Outward Wrist Twist & Gooseneck Hold	Choong Jang (52)	min. 8 rounds+2&3on1	1H, 1F, 1 Spin, 1 Jump	4 cycles
Jr. 2nd Degree - Level 3	Reverse Butterfly Lock & Kimura Lock	Sam Il (33)	min. 8 rounds+2&3on1	1H, 1F, 1 Spin, 1 Jump	4 cycles
Junior 3rd Black	Panels Choice	DEMO	min. 8 rounds+2&3on1	DEMO	4 cycles

*Target Drills are not required to promote but may be demonstrated*

## TIME SERVED & CLASS ATTENDANCE REQUIREMENTS

From White to Red, members must attend a minimum of once per week to Grade after each cycle. At Senior Red & Junior Black Levels, a minimum of 2 cycles must be served at a minimum of two classes per week before being able to Grade\* (age restrictions apply)

\*If only attending once per week, an extra cycle must be served at each rank before being able to Grade.

## COLOUR BELT GRADES FROM AGE 10 TO 15

If a student becomes 10 years of age at Colour Belt, they will continue to promote through the Adult Grades, until achieving Black Belt.

Until the student is 16 years old, they will receive Junior Degrees. (see Adult Ranking System for full age restrictions)

## WHITE, YELLOW & ORANGE LEVEL GRADES

Students may Grade through several/all Levels of each Colour Belt if they can demonstrate all requirements (age restrictions apply).

## ELITE GRADING SYSTEM (EGS)

Between the rank of Green and Red Belt, students can request to participate in the EGS. This will involve students having to learn all of the material relevant for both levels of that rank as well as additional requirements, including attending a minimum number of classes.

If all requirements are met, a student may then Grade in hopes to achieve Level 1 of the next Colour rank. This is only available to Junior students aged 7 and up at when achieving Level 1 of a particular rank. The EGS can only be used 3 times and not in succession.

## JUNIOR BLACK BELT LEVELS

Students under the age of 12 will promote from Senior Red Belt to Junior Black Belt Level 1. They will then design their own Form in order

to Grade to Level 2. At Level 2, they must prepare a demonstration of their favourite aspect of training, other than Forms, to achieve

1st Degree Black Belt Level 1. If the student turns 12 at Junior Black Belt Level 1, they may Grade straight to 1st Degree Black Belt Level 1.

## JUNIOR 3RD

If a student is under the age of 13 when achieving 2nd Degree Level 1, they will progress through to Junior 3rd. They will also have a reduced minimum time served at each level of 4 cycles instead of 5 cycles. However, when Grading for 3rd Degree all Black Belt material is required.

## SELF DEFENCE TECHNIQUES FOR ORANGE TO RED BELT

The given techniques listed above are taught on a rotating curriculum. This means that one technique is taught over one cycle.

Between Orange & Red Belt, students must demonstrate the technique specific for that cycle (but not limited to) regardless of rank.

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

If a student is 16 years of age or over, see Adult Ranking System