

Freestyle TaeKwonDo: Adult Ranking System

Rank	Signification	Self Defence	Form	Sparring	Drills	Breaking	Min. Time	Min. Age	
White - 10th GUP	Beginning	Grab Releases with vital points	Ki Bon (14)	One Steps (1, 2, 3)	2x Kicking	N/A	0.5 cycles	3 Years	
Grey - 9th GUP	Seed	Arm Bar	Chon Ji (19)	One Steps (4, 5, 6)	3x Kicking	N/A	0.5 cycles	4.5 Years	
Yellow - 8th GUP	Dawn	Outward Arm Bar Twist	Dan Gun (23)	Sparring 5x5	4x Kicking	N/A	1 cycle	5 Years	
Orange - 7th GUP	Sun	Inward Arm Bar Twist	Do San (24)	minimum 4 rounds	4x Kicking	N/A	1 cycle		
Green - 6th GUP	Plant	Rear Facing Arm Bar	Won Hyo (27)	minimum 4 rounds	5x Kicking	2 techniques	1 cycle	6 Years	
Blue - 5th GUP	Water	Inward Shoulder Twist	Yul Guk (36)	minimum 4 rounds	5x Kicking	2 techniques	1 cycle		
Purple - 4th GUP	Twilight	Inward Wrist Twist	Joong Gun (32)	minimum 6 rounds	3x Kick, 3x Strike	2 techniques	2 cycles	7 Years	
Brown - 3rd GUP	Tree	Chicken Wing	Toi Gye (37)	minimum 6 rounds	3x Kick, 3x Strike	2 techniques	2 cycles		
Red - 2nd GUP	Dusk	Figure Four Lock	Hwa Rang (29)	min. 6 rounds inc. 2on1	3x Kick, 3x Strike	2 techniques	2 cycles	8 Years	
Senior Red - 1st GUP	Sunrise	All with takedowns	Choong Moo (30) +2	min. 6 rounds inc. 2on1	3x Kick, 3x Strike	3 techniques	2 cycles		
1st Degree - Level 1	Proficiency	Headlock & Bear Hug Escapes	Kwang Gae (39) +2	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	3 techniques	3 cycles	10 Years	
1st Degree - Level 2	&	Kimura Lock	Poe Eun (36) +2	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	3 techniques	3 cycles		
1st Degree - Level 3	Maturity	Snaking & Telephone Arm Bar	Gae Beak (44) +3	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	4 techniques	3 cycles		
2nd Degree - Level 1	Knowledge	Ground Escapes	Eui Am (45) +3	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	4 techniques	5 cycles	12 Years	
2nd Degree - Level 2	&	Outward Wrist Twist	Choong Jang (52) +3	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	4 techniques	5 cycles		
2nd Degree - Level 3	Understanding	Gooseneck Hold	Sam Il (33) +4	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	5 techniques	5 cycles		
3rd Degree - Level 1	Clarity	Multiple Opponent & Form Application	Yoo Sin (68) +4	min. 8 rds inc. multiple	5x Kick, 5x Strike	5 techniques	6 cycles	16 Years*	
3rd Degree - Level 2	&	Multiple Opponent & Form Application	Choi Yong (46) +4	min. 8 rds inc. multiple	5x Kick, 5x Strike	5 techniques	6 cycles		
3rd Degree - Level 3	Focus	Multiple Opponent & Form Application	Ul Ji (42) +5	min. 8 rds inc. multiple	5x Kick, 5x Strike	6 techniques	6 cycles		
4th Degree - Level 1	Humility	Multiple Opponent & Form Application	Yong Gae (49) +5	min. 8 rds inc. multiple	5x Kick, 5x Strike	6 techniques	8 cycles	20 Years	
4th Degree - Level 2	&	Multiple Opponent & Form Application	Juche (45) +5	min. 8 rds inc. multiple	5x Kick, 5x Strike	6 techniques	8 cycles		
4th Degree - Level 3	Responsibility	Multiple Opponent & Form Application	Moon Moo (61) +6	min. 8 rds inc. multiple	5x Kick, 5x Strike	7 techniques	8 cycles		
5th Degree - MASTER	Mastery	Candidates Choice	So San (72) & Se Jong (24) +6	Candidates Choice	Candidates Choice	7 techniques	5 years	26 Years	
6th Degree - CHIEF MASTER	Mindfulness	Candidates Choice	Tong Il (56) & Pyong Hwa (50)	Candidates Choice	Candidates Choice	7 techniques	5 years	32 Years	
7th Degree - SENIOR MASTER	Wisdom	Candidates Choice	Free Design (50 min.)	Candidates Choice	Candidates Choice	8 techniques	5 years	38 Years	
8th Degree - GRANDMASTER	Grandmaster	Time Served Award. All Masters must agree on promotion, a Demonstration is performed and a minimum of 25 years in TKD.						5 years	45 Years
9th Degree - SENIOR GRANDMASTER	Grandmaster	Time Served Award. All Masters must agree on promotion, a Demonstration is performed and a minimum of 35 years in TKD.						5 years	52 Years
10th Degree - SUPREME GRANDMASTER	Grandmaster	Time Served Award & highest achievable rank. May be awarded after 5 years at 9th Degree with a minimum of 45 years in TKD.						N/A	60 Years

AGE REQUIREMENTS

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

The age restrictions for certain ranks are listed 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 Blue Belt, members must attend a minimum of once per week to Grade after each cycle. From Purple 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 Colour Belt Ranks, and 2 cycles at Black Belt Ranks before being able to Grade*)

ELITE GRADING SYSTEM (EGS)

Between Purple & 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 attempt to Grade to the next rank after 1 Grading Cycle.

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 2020, they may Grade in Feb 2022 for 2nd Degree, however must still Grade through all 3 levels.

**Members can Grade for 3rd Degree at age 15.5 once they have minimum time served at 2nd Degree L3 and a total time in training of at least 10 years.*