

# Freestyle TaeKwonDo: Junior Ranking System

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

Rank	Self Defence	Form	Sparring	Drills	Breaking	Min. Time
<b>White</b>	1 Grab Release	Stances and Traveling	N/A	1x Kicking	N/A	1 cycle
<b>Yellow Stripe</b>	2 Grab Releases	Blocks & Strikes	One Step Procedure	1x Kicking	N/A	1 cycle
<b>Orange Stripe</b>	3 Grab Releases	Blocks with stepping	One Step (1)	1x Kicking	N/A	1 cycle
<b>Green Stripe</b>	4 Grab Releases	Ki Bon (mv1-3)	One Step (1)	1x Kicking	N/A	1 cycle
<b>Blue Stripe</b>	5 Grab Releases	Ki Bon (mv1-6)	One Step (1, 2)	2x Kicking	N/A	1 cycle
<b>Purple Stripe</b>	6 Grab Releases	Ki Bon (mv1-9)	One Step (1, 2)	2x Kicking	N/A	1 cycle
<b>Brown Stripe</b>	7 Grab Releases	Ki Bon (mv1-12)	One Step (1, 2, 3)	2x Kicking	N/A	1 cycle
<b>Red Stripe</b>	8 Grab Releases with vital points	Ki Bon (14)	One Step (1, 2, 3)	2x Kicking	N/A	1 cycle
<b>Grey (Level 1)</b>	Arm Bar	Chon Ji (mv1-8)	One Step (4, 5)	3x Kicking	N/A	1 cycle
<b>Grey (Level 2)</b>	Arm Bar	Chon Ji (19)	One Step (4, 5, 6)	3x Kicking	N/A	1 cycle
<b>Yellow (Level 1)</b>	Outward Arm Bar Twist	Dan Gun (mv1-9)	Sparring 5x5	4x Kicking	N/A	1 cycle
<b>Yellow (Level 2)</b>	Outward Arm Bar Twist	Dan Gun (23)	Sparring 5x5	4x Kicking	N/A	1 cycle
<b>Orange (Level 1)</b>	Inward Arm Bar Twist	Do San (mv1-8)	minimum 4 rounds	4x Kicking	N/A	1 cycle
<b>Orange (Level 2)</b>	Inward Arm Bar Twist	Do San (24)	minimum 4 rounds	4x Kicking	N/A	1 cycle
<b>Green (Level 1)</b>	Rear Facing Arm Bar	Won Hyo (mv1-12)	minimum 4 rounds	5x Kicking	1 Technique	1 cycle
<b>Green (Level 2)</b>	Rear Facing Arm Bar	Won Hyo (27)	minimum 4 rounds	5x Kicking	1 Technique	1 cycle
<b>Blue (Level 1)</b>	Inward Shoulder Twist	Yul Guk (mv1-21)	minimum 4 rounds	5x Kicking	1 Technique	1 cycle
<b>Blue (Level 2)</b>	Inward Shoulder Twist	Yul Guk (36)	minimum 4 rounds	5x Kicking	1 Technique	1 cycle
<b>Purple (Level 1)</b>	Inward Wrist Twist	Joong Gun (mv1-12)	minimum 6 rounds	3x Kick, 3x Strike	2 Techniques	1 cycle
<b>Purple (Level 2)</b>	Inward Wrist Twist	Joong Gun (32)	minimum 6 rounds	3x Kick, 3x Strike	2 Techniques	1 cycle
<b>Brown (Level 1)</b>	Chicken Wing	Toi Gye (mv1-21)	minimum 6 rounds	3x Kick, 3x Strike	2 Techniques	1 cycle
<b>Brown (Level 2)</b>	Chicken Wing	Toi Gye (37)	minimum 6 rounds	3x Kick, 3x Strike	2 Techniques	1 cycle
<b>Red (Level 1)</b>	Figure Four Lock	Hwa Rang (mv1-14)	min. 6 rounds inc. 2on1	3x Kick, 3x Strike	2 Techniques	1 cycle
<b>Red (Level 2)</b>	Figure Four Lock	Hwa Rang (29)	min. 6 rounds inc. 2on1	3x Kick, 3x Strike	2 Techniques	1 cycle
<b>Senior Red</b>	All with takedowns	Choong Moo (30)	min. 6 rounds inc. 2on1	3x Kick, 3x Strike	3 techniques	2 cycles
<b>Jnr. Black (Level 1)</b>	All with takedowns	FREE DESIGN	min. 6 rounds inc. 2on1	3x Kick, 3x Strike	3 techniques	2 cycles
<b>Jnr. Black (Level 2)</b>	All with takedowns	FREE DESIGN	min. 6 rounds inc. 2on1	3x Kick, 3x Strike	3 techniques	2 cycles
<b>Jr.1st Degree - Level 1</b>	Headlock & Bear Hug Escapes	Kwang Gae (39) +2	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	3 techniques	3 cycles
<b>Jr. 1st Degree - Level 2</b>	Kimura Lock	Poe Eun (36) +2	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	3 techniques	3 cycles
<b>Jr. 1st Degree - Level 3</b>	Snaking & Telephone Arm Bar	Gae Beak (44) +3	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	4 techniques	3 cycles
<b>Jr. 2nd Degree - Level 1</b>	Ground Escapes	Eui Am (45) +3	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	4 techniques	4 cycles
<b>Jr. 2nd Degree - Level 2</b>	Outward Wrist Twist	Choong Jang (52) +3	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	4 techniques	4 cycles
<b>Jr. 2nd Degree - Level 3</b>	Gooseneck Hold	Sam Il (33) +4	min. 8 rds inc. 2 & 3on1	4x Kick, 4x Strike	5 techniques	4 cycles
<b>Junior 3rd Black</b>	DEMO	DEMO	DEMO	4x Kick, 4x Strike	5 techniques	4 cycles

## WHITE TO BLUE LEVEL GRADES

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

## 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 BLACK

If a student is under the age of 13 when achieving 2nd Degree Level 1, they will progress through to Junior 3rd Black. 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 Level 1, all Black Belt material is required.

## COLOUR BELT GRADES FROM AGE 10 TO 15

If a student becomes/is 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)

## ELITE GRADING SYSTEM (EGS)

Between the rank of Purple 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 and when achieving Level 1 of a particular rank. The EGS can only be used 3 times and not in succession.

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