

Freestyle TaeKwonDo: Junior Ranking System

Rank	Self Defence	Form	Sparring	Breaking	Min. Time
White	1 Grab Release	Stances and Traveling	N/A	N/A	N/A
Yellow Stripe	2 Grab Releases	Blocks & Strikes	One Step Procedure	N/A	N/A
Orange Stripe	3 Grab Releases	Blocks with stepping	One Step (1)	N/A	N/A
Green Stripe	4 Grab Releases	Ki Bon (mv1-3)	One Step (1)	N/A	N/A
Blue Stripe	5 Grab Releases	Ki Bon (mv1-6)	One Step (1, 2)	N/A	N/A
Purple Stripe	6 Grab Releases	Ki Bon (mv1-9)	One Step (1, 2)	N/A	N/A
Brown Stripe	7 Grab Releases	Ki Bon (mv1-12)	One Step (1, 2, 3)	N/A	N/A
Red Stripe	8 Grab Releases with vital points	Ki Bon (14)	One Step (1, 2, 3)	N/A	N/A
Grey (Level 1)	Arm Bar	Chon Ji (mv1-8)	One Step (4, 5)	N/A	8 weeks
Grey (Level 2)	Arm Bar	Chon Ji (19)	One Step (4, 5, 6)	N/A	8 weeks
Yellow (Level 1)	Outward Arm Bar Twist	Dan Gun (mv1-9)	Sparring 5x5	N/A	8 weeks
Yellow (Level 2)	Outward Arm Bar Twist	Dan Gun (23)	Sparring 5x5	N/A	8 weeks
Orange (Level 1)	Inward Arm Bar Twist	Do San (mv1-8)	minimum 4 rounds	N/A	10 weeks
Orange (Level 2)	Inward Arm Bar Twist	Do San (24)	minimum 4 rounds	N/A	10 weeks
Green (Level 1)	Rear Facing Arm Bar	Won Hyo (mv1-12)	minimum 4 rounds	1 Technique	10 weeks
Green (Level 2)	Rear Facing Arm Bar	Won Hyo (27)	minimum 4 rounds	1 Technique	10 weeks
Blue (Level 1)	Inward Shoulder Twist	Yul Guk (mv1-21)	minimum 4 rounds	1 Technique	10 weeks
Blue (Level 2)	Inward Shoulder Twist	Yul Guk (36)	minimum 4 rounds	1 Technique	10 weeks
Purple (Level 1)	Inward Wrist Twist	Joong Gun (mv1-12)	minimum 6 rounds	2 Techniques	10 weeks
Purple (Level 2)	Inward Wrist Twist	Joong Gun (32)	minimum 6 rounds	2 Techniques	10 weeks
Brown (Level 1)	Chicken Wing	Toi Gye (mv1-21)	minimum 6 rounds	2 Techniques	10 weeks
Brown (Level 2)	Chicken Wing	Toi Gye (37)	minimum 6 rounds	2 Techniques	10 weeks
Red (Level 1)	Figure Four Lock	Hwa Rang (mv1-14)	min. 6 rounds inc. 2on1	2 Techniques	10 weeks
Red (Level 2)	Figure Four Lock	Hwa Rang (29)	min. 6 rounds inc. 2on1	2 Techniques	10 weeks
Senior Red	All with takedowns	Choong Moo (30)	min. 6 rounds inc. 2on1	3 techniques	20 weeks
Jnr. Black (Level 1)	All with takedowns	FREE DESIGN	min. 6 rounds inc. 2on1	3 techniques	20 weeks
Jnr. Black (Level 2)	All with takedowns	FREE DESIGN	min. 6 rounds inc. 2on1	3 techniques	20 weeks
Jr. 1st Degree - Level 1	Headlock & Bear Hug Escapes	Kwang Gae (39) +2	min. 8rds inc. 2 & 3on1	3 techniques	8 months
Jr. 1st Degree - Level 2	Kimura Lock	Poe Eun (36) +2	min. 8rds inc. 2 & 3on1	3 techniques	8 months
Jr. 1st Degree - Level 3	Snaking & Telephone Arm Bar	Gae Beak (44) +3	min. 8rds inc. 2 & 3on1	4 techniques	8 months
Jr. 2nd Degree - Level 1	Ground Escapes	Eui Am (45) +3	min. 8rds inc. 2 & 3on1	4 techniques	12 months
Jr. 2nd Degree - Level 2	Outward Wrist Twist	Choong Jang (52) +3	min. 8rds inc. 2 & 3on1	4 techniques	12 months
Jr. 2nd Degree - Level 3	Gooseneck Hold	Sam Il (33) +4	min. 8rds inc. 2 & 3on1	5 techniques	12 months
Junior 3rd Black	DEMO	DEMO	DEMO	5 techniques	N/A

WHITE TO BLUE LEVEL GRADES

Students may Grade through several/both Levels of each Colour Belt if they can demonstrate all requirements. (only available for age 7 and over and at Instructor discretion).

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 Creative 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 can have the option of progressing toward Junior 3rd Black. If doing so, they can have their time at each level reduced by up to 4 months depending on their age. They will then spend between 6 and 12 months at Junior 3rd Black and design a demo, for their Grading to 3rd Degree. All Black Belt material will also be required. For those aged 13 or over when achieving 2nd Degree Level 1, will spend a minimum 1 year at each level before being able to Grade for 3rd Degree Level 1.

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 Full GUP 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 students aged 7 and up and when achieving Level 1 of a particular rank. The EGS can not be used in succession.

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