

Freestyle TaeKwonDo: Lil' Dragons Ranking System (Pre-Schoolers)

Rank	Self Defence	Stances & Travelling	Blocking & Form	Striking & Form	Kicking & One Steps	Min. Age
Lil' Dragon	Guard position	Listening Positions	High Forearm Block	Chambering & Hand Shapes	Front Kick	3 Years
Yellow Stripe	Wrist grab	Attention & Ready Stance	Low Forearm Block	Straight Punches (jab/cross)	Side Kick	
Orange Stripe	Wrist grab both sides	Stepping, Double Stepping, Sliding	Inner Forearm Block	Hook Punch	Inside Crescent Kick	3.5 Years
Green Stripe	Arm grab	Front Stance	Outer Forearm Block	Knifehand Strikes	Outside Crescent Kick	
Blue Stripe	Arm grab both sides	Sitting Stance	Inward Forearm Block	Palm Strikes	2 Kick Combinations	4 Years
Purple Stripe	Shoulder grab	Back Stance	Blocks in Stances	Strikes in Stances	One Step no.1 on pads	
Brown Stripe	Shoulder grab both sides	Sparring Stance	Blocks whilst travelling	Strikes whilst travelling	One Step no.2 on pads	4.5 Years
Red Stripe	All grabs both sides	All Stances & Travelling	Ki Bon (mv1-6)	Ki Bon (mv1-6)	One Step no.3 on pads	

RANK ADVANCEMENT

For new students aged 3 & 4, they will enrol into the Lil' Dragons Programme. As they progress through the programme and can demonstrate the given material, they can promote in rank. Although there is no minimum time needed at each rank, there are age requirements some some levels. Upon completion of the Programme and/or turning the age of 5 years, the student will promote to White Level 2.

Freestyle TaeKwonDo: Level Grade Ranking System

Rank	Self Defence	Form	Sparring	Breaking	Min. Time	Min. Age
White (Level 1)	Single Side Grab Releases	Ki Bon (mv1-6)	No.1,2,3 on pads	N/A	1 month	
White (Level 2)	Single Side Grab Releases	Ki Bon (14)	No.1,2,3 with partner	N/A	1 month	5 Years
Grey (Level 1)	Twin Side Grab Releases	Chon Ji (mv1-8)	No. 4,5,6 on pads	N/A	1 month	
Grey (Level 2)	Twin Side Grab Releases	Chon Ji (19)	No. 4,5,6 with partner	N/A	1 month	
Yellow (Level 1)	Double Side Grab Releases	Dan Gun (mv1-9)	Two 5x5 Drills	N/A	1 month	
Yellow (Level 2)	Double Side Grab Releases	Dan Gun (23)	All 5x5 Drills or 2 rounds	N/A	1 month	
Orange (Level 1)	Outward or Inward Arm Bar Twist	Do San (mv1-8)	minimum 4 rounds	N/A	2 months	
Orange (Level 2)	Outward & Inward Arm Bar Twist	Do San (24)	minimum 4 rounds	N/A	2 months	
Green (Level 1)	Elbow Up or Elbow Down Arm Bar	Won Hyo (mv1-12)	minimum 4 rounds	N/A	2 months	6 Years
Green (Level 2)	Elbow Up & Elbow Down Arm Bar	Won Hyo (27)	minimum 4 rounds	N/A	2 months	
Blue (Level 1)	Snaking or Telephone Arm Bar	Yul Guk (mv1-21)	minimum 4 rounds	N/A	2 months	
Blue (Level 2)	Snaking & Telephone Arm Bar	Yul Guk (36)	minimum 4 rounds	N/A	2 months	
Purple (Level 1)	Inward Shoulder or Inward Wrist Twist	Joong Gun (mv1-12)	minimum 4 rounds	1 Technique	3 months	7 Years
Purple (Level 2)	Inward Shoulder & Inward Wrist Twist	Joong Gun (32)	minimum 4 rounds	1 Technique	3 months	
Brown (Level 1)	Figure Four or Kimura Lock	Toi Gye (mv1-21)	minimum 4 rounds	1 Technique	3 months	
Brown (Level 2)	Figure Four & Kimura Lock	Toi Gye (37)	minimum 4 rounds	1 Technique	3 months	
Red (Level 1)	Headlock or Body Lock Escapes	Hwa Rang (mv1-14)	min. 4 rounds plus 2on1	2 Techniques	3 months	8 Years
Red (Level 2)	Headlock & Body Lock Escapes	Hwa Rang (29)	min. 4 rounds plus 2on1	2 Techniques	3 months	
Senior Red	Above with takedowns/breakfalls	Choong Moo (30)	min. 8 rounds inc. 2on1	3 techniques	6 months	
Jnr. Black (Level 1)	Above with takedowns/breakfalls	Creatvie Form (30-50)	min. 8 rounds inc. 2on1	3 techniques	6 months	9 Years
Jnr. Black (Level 2)	Above with takedowns/breakfalls	Creatvie Form (30-50)	min. 8 rounds inc. 2on1	3 techniques	6 months	

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.

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 after minimum time served.