

Freestyle TaeKwonDo - Ranking System

Rank	Signification	Self Defence	Form	Sparring	Breaking	Min. Time	Min. Age
White - 10th GUP	Beginning	Single Side Grab Releases	Ki Bon (14)	One Steps (1, 2, 3)	N/A	1 month	<i>For those under the age of 10, please see the Junior Ranking System</i>
Grey - 9th GUP	Seed	Twin Side Grab Releases	Chon Ji (19)	One Steps (4, 5, 6)	N/A	1 month	
Yellow - 8th GUP	Dawn	Double Side Grab Releases	Dan Gun (23)	5x5 Drills or 2 rounds	N/A	1 month	
Orange - 7th GUP	Sun	Outward & Inward Arm Bar Twist	Do San (24)	minimum 4 rounds	N/A	3 months	
Green - 6th GUP	Plant	Elbow Up & Elbow Down Arm Bar	Won Hyo (27)	minimum 4 rounds	N/A	3 months	
Blue - 5th GUP	Water	Snaking & Telephone Arm Bar	Yul Guk (36)	minimum 4 rounds	N/A	3 months	
Purple - 4th GUP	Twilight	Inward Shoulder & Inward Wrist Twist	Joong Gun (32)	minimum 6 rounds	2 techniques	6 months	
Brown - 3rd GUP	Earth	Figure Four & Kimura Lock	Toi Gye (37)	minimum 6 rounds	2 techniques	6 months	
Red - 2nd GUP	Dusk	Headlock & Bodylock Escapes	Hwa Rang (29)	min. 6 rounds inc. 2on1	2 techniques	6 months	
Senior Red - 1st GUP	Sunrise	Above with takedowns/breakfalls/rolling	Choong Moo (30) +2	min. 8 rounds inc. 2on1	3 techniques	6 months	
1st Degree - Level 1	Proficiency & Maturity	Standing Takedowns & Sweeps	Kwang Gae (39) +2	min. 8 rds inc. 2 & 3on1	3 techniques	6 months	10 Years
1st Degree - Level 2		Standing Throws	Poe Eun (36) +2	min. 8 rds inc. 2 & 3on1	3 techniques	9 months	
1st Degree - Level 3		All above against random attacks	Gae Beak (44) +2	min. 8 rds inc. 2 & 3on1	4 techniques	9 months	
2nd Degree - Level 1	Knowledge & Understanding	Ground Defence	Eui Am (45) +2	min. 8 rds inc. 2 & 3on1	4 techniques	9 months	12 Years
2nd Degree - Level 2		Pin Escapes	Choong Jang (52) +2	min. 8 rds inc. 2 & 3on1	4 techniques	9 months	
2nd Degree - Level 3		Ground Sweeps & Throws	Sam Il (33) +3	min. 8 rds inc. 2 & 3on1	5 techniques	12 months	
3rd Degree - Level 1	Clarity & Focus	Form Application	Yoo Sin (68) +3	min. 8 rds inc. multiple	5 techniques	12 months	16 Years*
3rd Degree - Level 2		Form Application	Choi Yong (46) +3	min. 8 rds inc. multiple	5 techniques	12 months	
3rd Degree - Level 3		Form Application	Ul Ji (42) +3	min. 8 rds inc. multiple	6 techniques	18 months	
4th Degree - Level 1	Humility & Responsibility	Form Application	Yong Gae (49) +3	min. 8 rds inc. multiple	6 techniques	18 months	20 Years
4th Degree - Level 2		Form Application	Juche (45) +3	min. 8 rds inc. multiple	6 techniques	18 months	
4th Degree - Level 3		Form Application	Moon Moo (61) +4	min. 8 rds inc. multiple	7 techniques	18 months	
5th Degree - MASTER	Mastery	Candidates Choice	So San (72) & Se Jong (24) +5	Candidates Choice	7 techniques	5 years	26 Years
6th Degree - CHIEF MASTER	Mindfulness	Candidates Choice	Pyong Hwa (50) & Tong Il (56) +6	Candidates Choice	8 techniques	5 years	32 Years
7th Degree - SENIOR MASTER	Wisdom	Candidates Choice	Creative Form (50 min.) +7	Candidates Choice	9 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 30 years				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				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 min. of 45 years				N/A	60 Years

AGE REQUIREMENTS

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 i.e. If a member achieves 1st Degree in Dec 2022, they may Grade in Feb 2024 for 2nd Degree, however must still Grade through all 3 levels.

***Members can Grade for 3rd Degree at age 15 once they have minimum time served at 2nd Degree L3 and a total time in training of at least 10 years.**