

North Austin Tae Kwon Do



Belt Test Guide 10th Gup – 1st Dan Version 2.5

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Introduction

This guide is intended to be used for charting progress as the student progresses through the North Austin Tae Kwon Do school curriculum. The content of this document is merely a statement of the requirements for each rank and is not intended to be an instructional tool or a basis for self-study.

The North Austin Tae Kwon Do Student Guide contains material that is suitable for self-study and provides instruction and illustrations for the techniques and material required at each rank. The North Austin Tae Kwon Do Student Guide is available from your instructor.

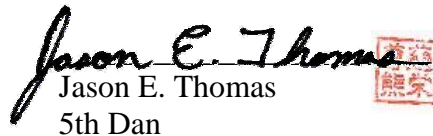
In general, this guide lists the new techniques required at each level. This guide is neither the source for nor the template for the actual belt tests. The student should not rely on the sequence of the items listed in this guide nor only be prepared to present the material listed for the student's current rank. During a belt test, a student may be asked to perform any of the material required for the belts that the student has previously earned.


Forms or "Hyungs" are the heart and soul of the martial arts. Strong emphasis and weighting is placed on forms. A student who can not properly perform the forms learned for previous belts will fail the belt test regardless of the student's skill with the current techniques and forms required for the new belt level.

The time requirements listed reflect the minimum time the student must spend at their current rank in order to be eligible for testing. Meeting this time requirement does not entitle the student to test for new rank or indicate that the student is capable of passing the belt test for the next rank. There are many factors that could affect a student's ability to test successfully, such as frequency of training, and diligence in training at home. The student should work with their instructor to determine the proper time to test for a new rank.

It is my sincerest hope that this work will be a helpful aid in each student's Tae Kwon Do journey.

Yours in Tae Kwon Do,


Jason E. Thomas
5th Dan



Beginning Students

Testing Requirements for Sr. White Belt thru Green Belt

Time Requirements

The student should have trained for a minimum of 3 month and attended 21 classes to be eligible to test for each Belt.

Basic Techniques

1. Hadan Marki – Low Block
2. Song-Sue – Twin Fists
3. Arb-Chiji – Fore Hit
4. Chukiyo Marki – Upper Defense
5. Sudo – Open Hand

Kicking Techniques

1. Front Kick
2. Round House Kick
3. Side Kick
4. Turning Back Kick
5. Crescent Kick

Self-Defense Techniques

1. Front Choke – X Block Out
2. Front Choke – Up & Over
3. Back Choke – Wrap
4. Front Choke – Throat Poke

One Step Sparring

1. (FS) Chukiyo Marki, Reverse Punch (Face), Reverse Punch (Stomach)
2. (FS) Arb-Chiji, Back Fist (Face), Reverse Punch (Stomach)
3. (FS) Chukiyo Marki, Ridge Hand (Temple), Reverse Punch (Face), Palm (All Face)
4. (FS) Chukiyo Marki, Front Kick (Groin), Palm (Face)

Forms

Sr. White Belt	Kibon Hyung & Jase Hyung
Yellow Belt	Kicho Hyung
Sr. Yellow Belt	Chon-Ji
Orange Belt	Dan-Gun
Sr. Orange Belt	Do-San
Green Belt	Review All

Breaking

Sr. White Belt	N/A
Yellow Belt	Hammer Fist
Sr. Yellow Belt	Elbow
Orange Belt	Palm
Sr. Orange Belt	Any Hand
Green Belt	Side Kick

Academic Knowledge – Sr. White Belt

1. The meaning of White Belt: The color white signifies innocence, as that of the beginning student who has no previous knowledge of Tae Kwon Do.
2. The meaning of Tae Kwon Do:
 - **Tae** – To strike or block with the foot or to kick, it also means jump
 - **Kwon** – Fist, to strike or block with hand
 - **Do** – The way of or art.
 Generally: “The Art Kicking and Punching” or “The Way of the Hand and Foot”
3. The meaning of Kibon Hyung – Beginner’s Form
4. The Meaning of Jase Hyung – Stance Form
5. Demonstrate the ability to tie the belt.

Academic Knowledge – Yellow Belt

1. The Meaning of Yellow Belt: The color yellow signifies the earth. The beginning student begins to create a firm foundation in Tae Kwon Do technique, just as a seed begins to expand its root system deep in the earth as it begins to grow.
2. The Meaning of Kicho Hyung – Basic Form
3. Counting to ten in Korean:

English	Korean	English	Korean
One	Hana	Six	Yasut
Two	Dul	Seven	Ilgop
Three	Set	Eight	Yodul
Four	Net	Nine	Ahop
Five	Dasut	Ten	Yol

Academic Knowledge – Sr. Yellow Belt

1. The Tenets of Tae Kwon Do: Courtesy – Integrity – Perseverance – Self-Control – Indomitable Spirit

2. **Meaning of Chon-Ji** (19 Movements) – Literally Chon-Ji means heaven and earth. It is in the orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

3. Terminology

English	Korean
Attention	Chariot
Bow	Kyungee
Ready Stance	Joon Bee
Thank you	Kam Sa Ham Ni Da
Kneel	Anjo
Mediation	Mok Young

Academic Knowledge – Orange Belt

1. The meaning of Orange Belt: The color orange signifies the changes of autumn, as the students mind and body begin to change as a result of the new Tae Kwon Do experience.
2. The Meaning of Dan-Gun (21 Movements) – Dan-Gun is named after Dan-Gun the Legendary Founder of Korea 2333 B.C.
3. Terminology

English	Korean
Training Hall	Dojang
TKD Uniform	Dobok
Belt	Di
Return	Baro
Yell	Kiap
Begin	Shi-Jak
End	Goman
Hyung	Form

Academic Knowledge – Sr. Orange Belt

1. The Meaning of Do-San (24 Movements) – Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876 – 1938). The 24 movements represent his entire life, which he devoted to furthering education in Korea and the Korean independence movement.
2. Terminology

English	Korean
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Face the Flags	Ku Ki Bey Ray
Black Belt Candidate	Bo Dan Nim
1 st Degree Black Belt	Jo Kyo Nim
2 nd Degree Black Belt	Kyo Sa Nim

Academic Knowledge – Green Belt

1. The Meaning of Green Belt: The color green represents growth, like that of the green plant as it sprouts out of the ground. The student has built a firm foundation and now begins to grow in the art of Tae Kwon Do.
2. Terminology

English	Korean
Eleven	Yol Hana
Twelve	Yol Dul
Thirteen	Yol Set
Fourteen	Yol Net
Fifteen	Yol Dasut
Sixteen	Yol Yasut
Seventeen	Yol Ilgop
Eighteen	Yol Yodul
Nineteen	Yol Ahop
Twenty	Sumul

Intermediate Students

Testing Requirements for Green Belt thru Sr. Purple Belt

Time Requirements

The student should have trained for a minimum of 3 month and attended 21 classes to be eligible to test for each Belt.

Teaching Requirements

Purple Belts and above must log 6 hours of time assisting the instructors in teaching to junior students demonstrating their knowledge of basic technique thoroughly.

Basic Techniques

1. Hadan Marki, Reverse Punch
2. Chukiyo Marki, Reverse Punch
3. Yup Marki, Reverse Punch
4. Arb-Chiji, Elbow Strike
5. Sudo, Spear Hand

Kicking Techniques

1. Heel Kick
2. Turning Crescent Kick
3. Turning Heel Kick
4. Sliding Kicks
5. Skipping Kicks

Self-Defense Techniques

5. Full Nelson – Protect Neck & Throw
6. Front Choke – Inside Wrist Grab
7. Front Choke – Outside Wrist Grab
8. Cross Grab – Zed Lock

One Step Sparring

5. (FS) Chukiyo Marki, Reverse Punch (Face), Sweep, Reverse Punch (Face)
- 6 Side Step: Defensive Side Kick (Ribs), Sudo clear hand, Reverse Punch (body)
7. (FS) Sudo, Round Kick, Side Kick, Back Fist (Face) , Ridge Hand (Face)
8. (FS) Inside Crescent Kick (Block) , Side Kick (Stomach), Back Fist (Face) , Ridge Hand (Temple)

Forms

Sr. Green Belt	Won-Hyo
Blue	Yul-Guk
Sr. Blue	Joon-Gun
Purple	Review All
Sr. Purple	Toi-Gye
Brown	Review All

Breaking

Sr. Green Belt	Front Kick
Blue	Round Kick
Sr. Blue	Turning Back Kick
Purple	Knife Hand
Sr. Purple	Ridge Hand
Red	Punch (Pad Mandatory)

Academic Knowledge – Sr. Green Belt

1. **Meaning of Won-Hyo** (28 Movements) – Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.
2. Terminology

English	Korean
Turn Around	Dui Ro Do Ra

Rest	Sho
Front Kick	Ap Chagi
Round House	Dolyo Chagi
Side Kick	Yop Chagi

Academic Knowledge – Blue Belt

1. **Meaning of Yul-Gok** (38 Movements) – Yul-Gok is a pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38-degree latitude and the diagram of the pattern represents scholar.
2. The Meaning of Blue Belt: The color blue represents the sky; reminding the student to reach for the heavens and continue their Tae Kwon Do journey.

Academic Knowledge – Sr. Blue Belt

1. **Joon-Gun** (32 Movements) – Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this patter to represent Mr Ahn's age when he was executed at Lui-Shung in 1910.

Academic Knowledge – Purple Belt

1. The Meaning of Purple Belt: The color purple represents the changing sky of dawn, as once again the student undergoes a new change and prepares for the transition to advanced student.

Academic Knowledge – Sr. Purple Belt

1. **Toi-Gye** (37 Movements) – Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on 37-degree latitude, the diagram represent "scholar".

Academic Knowledge – Brown Belt

1. The Meaning of Brown Belt: The color brown represents the ripening or maturing process as that of the advanced Tae Kwon Do student whose techniques are beginning to mature.
2. The Student must prepare a 1-page paper, preferably typed on what Tae Kwon Do means to them.

Advanced Students

Testing Requirements for Brown Belt thru Sr. Red Belt

Time Requirements

The student should have trained for a minimum of 3 month and attended 21 classes to be eligible to test for each Belt.

Teaching Requirements

The student must log 9 hours of time assisting the instructors in teaching to junior students demonstrating their knowledge of basic technique thoroughly.

Basic Techniques

1. Forward: Triple Punch – Backward: Chukiyo Marki, Defensive Front Kick, Reverse Punch
2. Forward: Arb-Chiji, Elbow Strike, Back Fist – Backward: Sudo, Defensive Front Kick, Spear Hand
3. Front Stance: Front Kick, Front Kick
4. Front Stance: Round Kick, Round Kick
5. Horse Stance: Side Kick, Side Kick

Kicking Techniques

1. Jump Kicks
2. Elevated Kicks
3. Three Direction Kicks

Self-Defense Techniques

1. The student must prepare a Ho Sin Sool demonstration defending against 10 different attacks.

Sparring

1. The Student must Demonstrate 4 Self-made One Steps
2. Free Sparring

Forms

Sr. Brown Belt	Hwa-Rung
Red Belt	Review All
Sr. Red Belt	Choong-Moo
Black	Review All

Breaking

Sr. Brown	Front Round or Hook
Red	Jump Kick

Sr. Red	Turning Back Kick
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Academic Knowledge – Sr. Brown Belt

1. **Meaning of Hwa-Rang (29 Movements)** – Hwa Rang is named after the Hwa Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th infantry Division, where Tae Kwon Do developed into maturity.
2. The student must prepare a 1-page paper, preferably typed on what is the meaning of discipline and how the application of self-discipline can enhance daily life.

Academic Knowledge – Red Belt

1. **The Meaning of Red Belt:** The color of blood signifies danger and is a warning to the student to temper her newly found skills and techniques with control and wisdom.
2. The student must present a written a paper of at least two pages in length that describes what it means to the student to become a black belt and what the student has learned about him or herself in their Tae Kwon Do journey thus far.

Academic Knowledge – Sr. Red Belt

1. **Meaning of Choong-Moo (30 Movements)** – Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. This pattern ends with a left hand attack, to symbolize his regrettable death. He was noted for his unrestrained loyalty to the King.
2. The student must prepare a 2-page paper on the meaning of the Tenet “Perseverance” and how it applies to TKD Students as well as in daily life.

Black Belt Candidates

Testing Requirements for Black Belt (1st Dan)

Time Requirements

The student should have trained as a Sr. Red Belt for a minimum of 3 months and have taken 21 classes.

Teaching Requirements

The student must log 16 hours of time assisting the instructors in teaching to junior students demonstrating their knowledge of basic technique thoroughly.

Event Requirements

Black belt test requirements include experience requirements. Student gain experience by interacting with other members of the martial arts community and training or demonstrated their skills outside of class.

Black Belt candidates must have a minimum of 4 event points. Event points are earned by attending seminars and tournaments. Students earn 1 event point for attending a local tournament or seminar and 2 event points for attending a seminar or tournament that is more than 50 miles from their home.

Forms

All previous forms will be tested.

Academic Knowledge

1. The Meaning of Black Belt

The opposite of white signifies maturity and dignity, as that of a senior student of Tae Kwon Do who has learned the basic Tae Kwon Do curriculum and is ready to become a true student of Tae Kwon Do.

2. The student must present written a paper about what Tae Kwon Do means to the student and the responsibilities inherent with being a black belt in Tae Kwon Do.

Basic Techniques

1. (FS) Forward: Triple Punch
2. (FS) Backward: High Block, Front Kick, Reverse Punch
3. (FS) Forward: Arb Chiji, Elbow Strike, Back Fist
4. (FS) Backward: Sudo, Front Kick, Spear Hand
5. (FS) Forward: Defensive Front Kick, Front Kick
6. (FS) Forward: Defensive Round Kick, Round Kick
7. (FtS) Sliding Side Kick

Combinations

1. Front Kick, Round Kick, Turning Back Kick
2. Back Fist, Ridge Hand, Round Kick, Front Kick
3. Front Kick, Round Kick, Back Fist, Sliding Side Kick
4. Turning Crescent Kick, Back Fist, Sliding Side Kick
5. Reverse Punch, Front Kick, Reverse Punch, Round Kick
6. Front Kick, Round Kick, Turning Back Kick, Reverse Punch

Sparring

Free Sparring against one opponent and multiple opponents.

Self-Defense Techniques

A pre-arranged Ho Sin Sool defending against a minimum of 10 attacks.

Breaking

4-way combination break with 2 hand techniques and two foot techniques and power break of 2 boards and a concrete slab.

Conclusion

This completes the North Austin Tae Kwon Do Belt Test Guide. Students should remember that they may be asked to perform any of the material they have previously learned during any belt test.

It is imperative that the student display good spirit, technique and focus at all belt levels. The Senior Member of the testing board may modify the test to better assess the student abilities to perform at the next level or to gain a better understanding of the students true skill level.

Above all the student should not give up. Each student should present their best effort and be proud of their showing. The purpose our Tae Kwon Do training is to grow, evolve and learn. Students will not always pass their belt tests on the first try. There is no shame in this.

The Belt Test is a mechanism of testing student's skills and a venue for communicating what area's need to be improved. As always, students should not measure themselves against other students or any time metrics. Each day we learn a little more and each day we improve a little more. The student's only goal should be to improve and grow. Lastly, always remember that Tae Kwon Do begins and ends with courtesy.