

TAEKWON-DO REQUIREMENTS HANDBOOK

This student handbook is to be used for progress tracking between student and instructor. Head instructors will have final evaluation before promotional status begins. (Students may fill in each learning dot after the teacher instructs that specific technique, then must have each section examined for perfection by an assistant instructor or instructor for sign-off. Students are also required to always maintain all lower belt requirements and can be ask to perform any requirements at or below their rank for testing.)

10TH GUP (WHITE BELT) TESTING FOR 9TH GUP (YELLOW STRIPE)

9TH GUP (YELLOW STRIPE) TESTING FOR 9TH GUP (DOUBLE YELLOW STRIPE)

9TH GUP (DOUBLE YELLOW STRIPE) TESTING FOR 8TH GUP (YELLOW BELT)

8TH GUP (YELLOW BELT) TESTING FOR 7TH GUP (GREEN STRIPE)

7TH GUP (GREEN STRIPE) TESTING FOR 7TH GUP (DOUBLE GREEN STRIPE)

7TH GUP (DOUBLE GREEN STRIPE) TESTING FOR 6TH GUP (GREEN BELT)

6TH GUP (GREEN BELT) TESTING FOR 5TH GUP (BLUE STRIPE)

5TH GUP (BLUE STRIPE) TESTING FOR 5TH GUP (DOUBLE BLUE STRIPE)

5TH GUP (DOUBLE BLUE STRIPE) TESTING FOR 4TH GUP (BLUE BELT)

4TH GUP (BLUE BELT) TESTING FOR 3RD GUP (RED STRIPE)

3RD GUP (RED STRIPE) TESTING FOR 3RD GUP (DOUBLE RED STRIPE)

3RD GUP (DOUBLE RED STRIPE) TESTING FOR 2ND GUP (RED BELT)

2ND GUP (RED BELT) TESTING FOR 1ST GUP (BLACK STRIPE)

1ST GUP (BLACK STRIPE) TESTING FOR 1ST GUP (DOUBLE BLACK STRIPE)

1ST GUP (DOUBLE BLACK STRIPE) TESTING FOR 1ST DAN (BLACK BELT)