SCHWARTZ’S SCHOOL OF TAE-KWON-DO

BELT RANK PROMOTION REQUIREMENTS

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Testing For: | Yellow9th GUP | Blue8th GUP | 1st Green7th GUP | 2nd Green6th GUP | Purple5th GUP | 1st Brown4th GUP | 2nd Brown3rd GUP | 3rd Brown2nd GUP | Red1st GUP | BLACK1st Dan / Poom |
|  \* Time in RankTotal Time in Training | 3 months3 months | 3 months6 months | 4 months 10 months | 4 months14 months | 4 months18 months | 4 months22 months | 3 months25 months | 3 months28 months | 4 months32 months | 4 months36 months |
| WRITTEN TEST | Basic Info &Counting 1-10 | Dojang Rules | Code of Conduct  | Korean Terminology | History of T-K-D | Mr. Schwartz | Mr. Campbell | Grand Master Choi | All Previous | 300 Word Biography |
| STRETCHING | Over the Toe | Crab | Thigh | Hip Stretch Machine | Standing Side (locked out) | Chinese Split(Level 5) | Hip Stretch(Both Legs) | Chinese Split(Level 4) | All Previous | INSTRUCTORCHOICE |
| MAGKIBlocking | ILLVisualization | YEEVisualization | SAMVisualization | **ILL** **Combo**SeriesWith Targets | YEE**Combo**SeriesWith Targets | **SAM****Combo**SeriesWith Targets | **ILL YUNG**SUEK With Targets | **YEE YUNG****SUEK** With Targets | ALL | INSTRUCTORCHOICE |
| KONG-YOKHand Attacks | ILLVisualization | YEEVisualization | SAMVisualization | ALL | INSTRUCTORCHOICE |
| CHAGIKicks | ILLVisualization | ILLWith Targets | YEEVisualization | YEEWith Targets | SAMVisualization | SAMWith Targets | SAHVisualization | SAHWith Targets | OHVisualization | OHWith Targets |
| TAE-KWONHYONGFoot-Hand-From | ILL With Count | ILLOn Your Own | YEEWith Count | YEEOn Your Own | SAM With Count | SAM On Your Own | SAH With Count | SAH On Your Own | OH With Count | OH On Your Own |
| HOLSIN SUL Self Defense | ILL | ILL | YEE | YEE | SAM | SAM | SAH | SAH | OH | OH |
| KWON BREAKING | Hammer Fist | KnifeHand |  Elbow | Palm Attack | Chicken Wrist | Weak Hand Choice | 2 Boards Choice | Spinning Hand Attack | AIR BREAK (Choice) | 8 POINT DEMO |
| TAE BREAKING | Side Snap | Front Snap | Knee | Hook | BackSnap | Weak FootChoice | 2 Boards Choice | SpinningKick |
| G.A.S.H.   | Takedown & Defense | Full / Side Mount & Escape | Armbar and Defense | Rear Naked Choke & Defense | Head/Arm Choke & Defense | Americana, Kimura & Defense | Triangle Choke & Defense | Schwartzy & Defense | Spar /GASH | INSTRUCTOR CHOICE |
| ADDITIONALREQUIREMENTS | - - - - - - | Ill Pahl Kumchi Mooroop / Visualization | Ill Pahl Kumchi Mooroop / Targets | Yee Pahl Kumchi Mooroop/ Visualization | Yee Pahl Kumchi Mooroop/ Targets | Ill Namu Mugi Magki | Ill Namu Mugi KongYok | Namu Mugi Magki / Kong Yok | ChungMu On Your Own | KoreoOn Your Own |

\* “Time in Rank” and “Total Time in Training” is based on attending classes twice per week on a regular basis.

 Student will perform their maximum number of push-ups, sit-ups, step-ups & chin-ups for each belt rank test.

\* Testing fee for GUP ranks is $25.00 to be paid before test. (Family discount applies)\* If student fails their test there is no charge for the retest.

2/2019