# SCHWARTZ’S SCHOOL OF TAE-KWON-DO

BELT RANK PROMOTION REQUIREMENTS

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Testing For: | Yellow  9th GUP | Blue  8th GUP | 1st Green  7th GUP | 2nd Green  6th GUP | Purple  5th GUP | 1st Brown  4th GUP | 2nd Brown  3rd GUP | 3rd Brown  2nd GUP | Red  1st GUP | BLACK  1st Dan / Poom |
| \* Time in Rank  Total Time in Training | 3 months  3 months | 3 months  6 months | 4 months  10 months | 4 months  14 months | 4 months  18 months | 4 months  22 months | 3 months  25 months | 3 months  28 months | 4 months  32 months | 4 months  36 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 | INSTRUCTOR  CHOICE |
| MAGKI  Blocking | ILL  Visualization | YEE  Visualization | SAM  Visualization | **ILL**  **Combo**  Series  With Targets | YEE  **Combo**  Series  With Targets | **SAM**  **Combo**  Series  With Targets | **ILL YUNG**  SUEK With Targets | **YEE YUNG**  **SUEK** With Targets | ALL | INSTRUCTOR  CHOICE |
| KONG-YOK  Hand Attacks | ILL  Visualization | YEE  Visualization | SAM  Visualization | ALL | INSTRUCTOR  CHOICE |
| CHAGI  Kicks | ILL  Visualization | ILL  With Targets | YEE  Visualization | YEE  With Targets | SAM  Visualization | SAM  With Targets | SAH  Visualization | SAH  With Targets | OH  Visualization | OH  With Targets |
| TAE-KWON  HYONG  Foot-Hand-From | ILL  With Count | ILL  On Your Own | YEE  With Count | YEE  On 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 | Knife  Hand | 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 | Back  Snap | Weak Foot  Choice | 2 Boards Choice | Spinning  Kick |
| 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 |
| ADDITIONAL  REQUIREMENTS | - - - - - - | 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 | Koreo  On 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