



Ranks and Promotions

Ranking System

The belt rankings are:

- White
- Gold Stripe
- Gold
- Green
- Blue
- Purple
- Red
- Brown
- Black Stripe
- Black

Promotion to each rank is based on learning specific forms, one-steps, sparring techniques, and self-defense techniques. Attitude and the amount of supervised class time are also considered. Although new techniques are learned for each rank, the student must continue to practice all techniques learned for previous ranks.

White and Gold Belts learn the basic blocks and how to execute them at one level of power and coordination. Basic footwork is started at this level with stances. Muscle memory begins to be formed through the repetition of basic techniques.

Green Belts perform the same techniques with greater ease, having memorized the basic physical movements. They begin to be aware of the need for flow in forms. The awareness of timing in techniques and forms increases. There is sufficient knowledge of techniques for original sequences to be created. Control, focus, and timing are just beginning to become evident.

Blue Belts add lower stances and begin to control the ability to act in a given situation rather than just react. Comprehension of focus is beginning to show in techniques.

Purple Belts have formed a solid foundation. Continued practice of the primary techniques brings increased speed and flow.

Red Belts have learned the basic techniques well enough to develop some confidence in their performance. Because of their extensive practice they have an ability to begin to share techniques with the lower belts. Interpersonal communication is learned in the process of teaching techniques to others.

Brown Belts and Black Stripes are more aware of other students and accept more responsibility for teaching others in the Dragon School. They



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develop greater depth of techniques and increased skill in one-steps. A Brown Belt or Black Stripe is physically more aggressive as action has replaced reaction in many areas of skill. Brown Belts should be confident in sparring with controlled power. They have greater speed that enables a larger range of techniques, timing, and prowess. Brown Belts and Black Stripes have regular teaching duties. Leading portions of the class increases confidence, communication, and interpersonal relationship skills.

A First Degree Black Belt finally reaches a level where the gross physical movements are low, level, hard, and strong. Techniques flow with well-focused power learned through extensive practice. Black Belt speed produces the power needed for the physical aspects of Tae Kwon Do to be performed well.

The idea of ranking is mainly for the purpose of letting the instructors know which students have learned certain material. It also provides a goal – to strive for a higher rank. Ranking also allows students to know who has more experience and training. It's useful to know who has a higher belt rank if you need to ask a question.

Promotion Requirements

Qualification for each rank depends on

- 1) Hours achieved in regular consistent training
- 2) Attitude in class
- 3) Acceptance of responsibilities commensurate to the rank

Any rank earned carries with it the responsibility of assisting those below your rank on techniques needed to attain their next rank. You will need to be able to instruct or walk through any technique on which you have been tested with anyone who is still learning that technique. Instructing others reinforces your own knowledge and awareness of techniques.

Major exams are regularly scheduled, and will occur on a Saturday at 1:00 pm. You will test when told that you are ready. Your instructor is more capable than you are of determining your abilities and skill level. Taking a test does not guarantee passing to the next rank. In order to pass, you must have the agreement of a majority of the test board on your proficiency in all techniques required for your new rank.

If you think someone does not deserve to test or will not pass the test, keep that to yourself. Do not question the authority of the Test Board because you are probably not in possession of all of the facts.

In a test situation, if you perform a technique incorrectly, don't let it show. You should continue with the best technique available and maintain a calm and confident attitude. The Dragon School test motto is: **If you blow it, don't show it.**



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The next page lists the requirements for each belt level. Each test may include any of the listed requirements plus any of the techniques from earlier levels. Each person testing should stay current on all the techniques they have learned in the past so that extensive review is not necessary before a test.



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Adult Class (Ages 10+)						
Rank	Forms / Basics	One-Steps	Self-Defense	Kicks	Mobility Drills	Sparring
Gold Stripe 8 th Gup	Up Block Down Block Inside Block Outside Block Low Knife-hand Block Middle Knife-hand Block Reverse Advance Straddle Stance Punch Middle Punch High Punch			Back Leg Front Snap Front Leg Side Snap Front Leg Roundhouse Back Leg Inside Crescent Back Leg Outside Crescent		3-Step Rhythm Sparring
Gold 7 th Gup	Basic Form 1 Basic Form 2	5 Basic One-Steps		Front Leg Front Snap Back Leg Side Snap Back Leg Roundhouse Front Leg Inside Crescent Front Leg Outside Crescent Turning Front & Back Leg Back	Chopping Drill Elbow Drill Palm Thrust Drill	Free Sparring: 1 match
Green 6 th Gup	Basic Form 3 Basic Form 4	5 Hand One-Steps	Same-side Wrist Grab Opposite-side Wrist Grab Single Lapel Grab Double Lapel Grab Front Choke	Front Leg Front Thrust Back Leg Front Thrust Front Leg Side Thrust Back Leg Side Thrust Butterfly	Triple Kick Drill Kicking Punching Drill	Free Sparring: 2 matches
Blue 5 th Gup	Advanced Form 1 China Form	5 Kicking One-Steps	Rear Choke Bear Hug (Around Arms) Bear Hug (Under Arms) Rear Shoulder Grab Rear Hair Grab	Front Leg Inside Axe Back Leg Inside Axe Front Leg Outside Axe Back Leg Outside Axe Front Leg Hook Back Leg Hook Front & Back Leg Twist		Free Sparring: 2 matches
Purple 4 th Gup	Advanced Form 2 Jung-Ye	5 Originals with Take-downs		Turning Side Turning Roundhouse Turning Outside Crescent Turning Hook Tornado Crescent Tornado Roundhouse		Free Sparring: 3 matches
Red 3 rd Gup	Advanced Form 3	8 Originals Three-Step Sparring		Jumping Front Leg Front Jumping Back Leg Front Jumping Front Leg Side Jumping Back Leg Side Jumping Front Leg Roundhouse Jumping Back Leg Roundhouse		Free Sparring: 4 matches Multiple Sparring: 2 opponents
Brown 2 nd Gup	Advanced Form 4	10 Originals		Jumping Turning Side Jumping Turning Outside Crescent Jumping Turning Back Push		Free Sparring: 4 matches Multiple Sparring: 3 opponents
Black Stripe 1 st Gup	Advanced Form 5	12 Originals	Self Defense / Knife			Free Sparring: 5 matches Multiple Sparring: 4 opponents
Black 1 st Dan	Basai Dragon Star Form	15 Originals				Free Sparring: 6 matches Multiple Sparring: 5 opponents