

Testing for Rank	Forms	Basic Techniques	Sparring	Board Breaking
Low Yellow	Kicho Yee-Dan Chon-Ji	Level 1	X	X
Upper Yellow	Kicho Sam-Dan Dan Gun	Level 1	One round against equal rank	X
Low Green	Pyung-ahn Cho-dan Do-San	Level 1	- 2 Pad Blocking Drill - Three Step Sparring - One round of free sparring against equal rank.	One board with basic kick
High Green	Pyung-ahn Yee-dan Won-Hyo	Level 2	- 2 Pad Blocking Drill - Three Step Sparring - One round of free sparring against equal rank.	One board with basic strike
Low Blue	Pyung-ahn Sam-dan Yul-Guk	Level 2	- Counter-Attacking Drill - Two rounds of free sparring. One of equal rank and one higher rank.	- One board with basic strike - One board with hopping kick
High Blue	Pyung-ahn Sah-dan Choong-Gun	Level 2	- Counter-Attacking Drill - Two rounds of free sparring. One of equal rank and one higher rank.	- One board with spin kick - One board with hand strike.
Low Red	Pyung-ahn O-dan Toi-Gye	Level 3	- One round equal rank. - One round higher rank. - One round contact with equal rank.	- One board with basic kick - One board with jump kick
High Red	Chulgi Cho-dan Hwa-Rang	Level 3	- One round equal rank. - One round higher rank. - One round contact with equal rank.	- Double board with basic kick - One board with jump kick
Brown	Jitae Koryo Choong-Moo	Level 4	- One round equal rank. - One round higher rank. - One round contact with equal rank. - One 2 on 1 Sparring match	- Double board with spin kick - Double board with jump kick
Black	Ilyo Bal-sak Kwang-Gae	Level 4	- One round equal rank. - Two rounds contact with equal rank. - One 2 on 1 Sparring match	- Double board with flying obstacle kick - Double board hand strike

Level One Marching Series Techniques

Junior Belts testing for ranks low yellow, high yellow and low green are expected to demonstrate progress in the execution of these techniques.

Stances: Attention, Ready, Horse-Riding, Middle, Walking, Front, Fighting, Back

Blocks: Down, Outer Forearm, Inner Forearm (side), High Rising, Knife Hand (single hand and double).

Strikes: Punch, Knife Hand, Back Fist, Palm Heel, Ridge hand, Spear hand, and Reverse Knife Hand.

Kicks: Stretch, Outside/Inside crescent, Front Kick, Round Kick, Side Kick, Hook Kick, Spin Side, Jump Front, Axe Kick, Sliding Kicks (with basic kicks), and Hopping Kicks (with basic kicks).

Level Two Marching Series Techniques

In addition to continuing progress with all Level One Techniques, Junior Belts testing for high green, low blue and high blue are expected to demonstrate progression in the execution of these techniques.

Blocks: Square Block (double overhead forearm), Cross Block (low and high), Mountain Block, and Pole Block.

Strikes: Upset Punches, Upper-Cut Punch, Double Fist Punch, Elbow Strikes, and Hammer Fist.

Kicks: Spin Hook/Heel, Jump Round, Jump Side, Jump Crescent, Double Kicking Combinations with basic kicks, and demonstrating basic kicks in slow motion.

Self-Defense: Demonstrate multiple methods of escaping/counter attacking from a cross-hand grab, same-side grab, double hand grabs, rear hand grab, throat grab, collar grab, and bear hug.

Level Three Marching Series Techniques

In addition to continuing progress with all Level One and Two Techniques, Junior Belts testing for low and high red are expected to demonstrate progression in the execution of these techniques.

Kicks: Jump-Spin Side, Jump Front-Round, Jump Front-Side, Flying Side, Jump Spin Crescent, and Advanced Combinations.

Self-Defense: Demonstrate both falling and rolling (forward, backwards and to the side) starting at a crouched position and working up to standing/with force.

Level Four Marching Series Techniques

In addition to continuing progress with all Level One, Two, and Three Techniques, Junior Belts testing brown and black belts are expected to demonstrate progression in the execution of these techniques.

Kicks: Jump Double Spin Side, Jump Spin Hook, and Flying Side with Obstacle

Self-Defense: Demonstrate rolling over an obstacle, and demonstrate tactics for two attack self-defense.