

## Yellow Belt through Blue Belt - Stripe Requirements

<b>Belts → Stripes ↓</b>	<b><u>Yellow</u></b>	<b><u>Yellow Green</u></b>	<b><u>Green</u></b>	<b><u>Green Blue</u></b>	<b><u>Blue</u></b>
<b><u>Yellow</u> Tenet and Stances</b>	Courtesy  Back Stance	Integrity	Perseverance  Cat Stance	Self Control	Indomitable Spirit
<b><u>Green</u> Kicks</b>	Fast, Skipping-in Turning & Step-in Side	Jump Front Snap, Bent Leg Axe, Narabom, Back	Ap Bal, Pada Chagi, Front & Rear Leg Doubles	Push, Side, Jump Back, Modern & Traditional Cut	Double Pada Chagi, 360 Back, Spinning Hook
<b><u>Blue</u> Hand Techniques</b>	Back Stance (SASL*) and Front Stance (OAOL*) with Basic Blocks	Double Basic Blocks (SASL), Double Knife Hand Block & Reverse Knife Hand Strike	Single Knife Hand Block & Strike (SASL/OAOL), Horizontal & Vertical Back Fist, Double Outside Forearm Block	Sweep Block (OAOL), Fireball, Spear Hand Strike, Double Guarding Block	Hammer Fist, Reinforced Outside Block, Palm Block (SASL)
<b><u>Red</u> Self Defense</b>	Break Falls from seated/squatting position, Defensive Ground Position	Break Falls from standing, Technical Stand Up	5 Same Side Wrist Releases	5 Standing Punch Defenses	Ground Punch Defense Levels 1-4
<b><u>Black</u> Knowledge of form</b>	TaeGuk IL Jang	TaeGuk Ee Jang	TaeGuk Sam Jang	TaeGuk Sa Jang	TaeGuk Oh Jang
<b><u>2nd Black</u> Sparring Credits and Test-ready Technique</b>	3 Non-Contact**	5 Non-Contact**	5 Non-Contact	8 Classes Contact/Non-Con- tact	5 Classes Contact Required

- \*SASL - Same Arm Same Leg, OAOL - Opposite Arm Opposite Leg
- \*\* Sparring at Yellow/Yellow Green recommended, Sparring at Green and above required