



Adult Testing Requirements

Rank	Foundation	Patterns	Self Defense	Breaking	Misc.
To: Yellow Stripe	Foundation Sheet 1	Ki-Bon Hyung #1 Ki-Bon Hyung #2	One Step #1-5	N/A	Recite: Student Creed
To: Yellow Belt	Foundation Sheet 1	Ki-Bon Hyung #1 Ki-Bon Hyung #2 Ki-Bon Hyung #3 Chon'Gi	One Step #1-5 Holding #1-5	N/A	Recite: Student Creed
To: 1 st Green Stripe	Foundation Sheet 2	Chon'Gi Dan Gun	One Step #6-10 Hand Tech. #1-5	N/A	Recite: 5 Tenants
To: 2 nd Green Stripe	Foundation Sheet 2	Dan Gun Do San	One Step #11-15 Hand Tech. #6-10	N/A	Recite: 5 Tenants
To: Green Belt	Foundation Sheet 2	Dan Gun Do San Ki-Bon Hyung #4	One Step #1-15 Hand Tech. #1-10	N/A	Recite: Student Creed 5 Tenants
To: 1 st Blue Strip	Foundation Sheet 3	Ki-Bon Hyung #4 Won Hyo	One Step #1-5 Punching Tech. #1-5	Pushing Side Kick	N/A
To: 2 nd Blue Stripe	Foundation Sheet 3	Won Hyo Yul-Guk	One Step #1-5 Punching Tech. #6-10	Pushing Side Kick	N/A
To: Blue Belt	Foundation Sheet 3	Won Hyo Yul-Guk Ki-Bon Hyung #5	One Step #1-5 Punching Tech. #1-10	Turn Side Kick	N/A

To: 1 st Red Stripe	Foundation Sheet #4	Ki-Bon Hyung #5 Jun Gun	One-Step #1-5 Holding Tech. #1-5	Hooking Kick	
To: 2 nd Red Stripe	Foundation Sheet #4	Jun Gun Toi-Gae	One-Step #1-5 Holding Tech. #6-10	Reverse Roundhouse (Power)	
To: Red Belt	Foundation Sheet #4	Jun Gun Toi-Gae Ki-Bon Hyung #6	One Step #1-5 Holding Tech. #1-10	Jumping Turn Side Kick	
To: 1 st Black Stripe	Foundation Sheet #5	Ki-Bon Hyung #7 Hwa-Rang	One Step #1-5 Attack From Behind #1-5	Reverse Roundhouse Kick (Speed)	
To: 2 nd Black Stripe	Foundation Sheet #5	Hwa-Rang Choon-Moo	One Step #1-5 Attack from Behind #1-5 Holding From Behind #1-5	Jumping Reverse Roundhouse Kick	
To: Assistant Black Belt	N/A	Random Coloured Belt Patterns (2) Hwa-Rang Choon-Moo Ki-Bon Hyung #7 Staff 1 Novice	One Step #1-5 Attack from Behind #1-5 Holding From Behind #1-5	Power Breaking Pushing Side Kick 4 Boards	Written Black Belt Test