

## SPARTA TAEKWONDO BELT TESTING REQUIREMENTS

Revised January 2018

RANK	GUP	FORMS (POOMSEA)	BREAKS	KICKS	COMMENT
WHITE	12	Keecho IL Jang (1) Keecho EE Jang (2)	Hammer Fist	Front Kick Inside to Outside Crescent Kick Outside to Inside Crescent Kick Roundhouse (RH) Mid Section High Rising Stretch Kick	
YELLOW	11	Taeguk IL Jang (1)	Elbow Strike	Side Kick (SK) Roundhouse High	
YLW/BLK	10	Palgwe IL Jang (1)	Front Kick	Push Kick Jumping Front Kick	
ORANGE	9	Taeguk EE Jang (2)	Side Kick	Step Side Kick Ax Kick Fast Kick	
ORG/BLK	8	Palgwe EE Jang (2)	Ax Kick	Jump Roundhouse Kick Back Kick	
GREEN	7	Taeguk Sam Jang (3) Palgwe Sam Jang (3)	Back Kick	Front Hook Kick Dbl Roundhouse Kick	
GRN/BLU	6	Taeguk Sa Jang (4) Palgwe Sa Jang (4)	Jump Side Kick	Jump Side Kick Turning Side Kick	
BLUE	5	Taeguk Oh Jang (5) Palgwe Oh Jang (5)	Knife Hand Strike with Kicking Technique	Spin Hook Kick Jumping Back Kick Nara-bahn Round kick	
BLU/RED	4	Taeguk Yuk Jang (6) Palgwe Yuk Jang (6)	Jump Back Kick with Hand Technique	Nara-bahn Crescent Nara-bahn Ax	
RED	3	Taeguk Chil Jang (7) Palgwe Chil Jang (7)	Jump Spin Hook Kick with Hand Technique	Jumping Hook Kick Front Foot Kicking RH - 10 second count SK - 10 second count	Must have participated in at least 2 tournaments (any event) by the time testing to Poom* (applies only to students below 21 years of age)
RED/BLK	2	Taeguk Pal Jang (8) Palgwe Pal Jang (8)	Nara Bahn with Hand Technique	Low-Hi RH Low-Hi SK	
POOM	3	Rolling Self Defense 1-8 Grab defense 1-5	To BB: 5 Station Board Break and Brick Break	Review ALL Kicking Techniques	Need to show proficiency in a pretest before testing for Black

**Important Note:** Sparring and Curriculum questions will be part of every Belt test. **Orange Belt and above** are required to have complete sparring gear to test. White to Yellow Belts Sparring test will be "No Contact" Sparring. Orange Belt and above will also be tested with for their prior forms - "Memory Forms" section. **All Students wishing to test must be eligible and have a completed Promotion Test Form filled out. Application must be approved by Parents (if under 18), Teachers (if under 18) and Instructor approval. Completed forms must be submitted with the testing fee prior to the deadline date. Late submission is subject to a late fee or inability to promotion test.**