

Rank	Main Self-Defence Skills	Kick/Punch	Form
<b>White</b>	<ol style="list-style-type: none"> <li>1. Six Pull Aways</li> <li>2. Two Wrist</li> <li>3. Two Teasing</li> </ol>	<ul style="list-style-type: none"> <li>• Basic Strikes</li> <li>• Basic Kicks</li> <li>• Basic Elbows</li> </ul>	<ul style="list-style-type: none"> <li>• Stances</li> <li>• Basic Movement</li> <li>• Safety Falls</li> </ul>
<b>10<sup>th</sup> Kup Yellow Belt</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Six Wrist</li> <li>3. Six Teasing</li> </ol> <p><b>Preliminary Sparring</b></p>	<ul style="list-style-type: none"> <li>• Roundhouse Kick</li> <li>• Heel Kick</li> <li>• Crescent Kicks</li> <li>• Spin Back Kick</li> </ul>	Attacking
<b>9<sup>th</sup> Kup Yellow Belt (Green Stripe)</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Two Sleeve</li> <li>3. Five Lapel</li> </ol> <p><b>Preliminary Sparring</b></p>		Blocking
<b>8<sup>th</sup> Kup Green Belt</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Six Cross Hand</li> </ol> <p><b>One Step Sparring</b></p>	<ul style="list-style-type: none"> <li>• Spin Kick - Heel</li> <li>• Spin Kick - Sitting</li> </ul> <ul style="list-style-type: none"> <li>• Boxing Style Punching</li> </ul>	Number 1
<b>7<sup>th</sup> Kup Green Belt (Blue Stripe)</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Three Both Hand - Front</li> <li>3. Five Hugging - Front</li> </ol> <p><b>One Step Sparring</b></p>		Number 2
<b>6<sup>th</sup> Kup Blue Belt</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Three Both Hand - Back</li> <li>3. Five Hugging - Back</li> </ol> <p><b>Free Sparring from here on</b></p>	Boxing Defence (Free Style)	Number 3
<b>5<sup>th</sup> Kup Blue Belt (Brown Stripe)</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Ten Punch Block</li> </ol>		Number 4
<b>4<sup>th</sup> Kup Brown Belt</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Ten Kick Block</li> </ol>		Number 5
<b>3<sup>rd</sup> Kup Brown Belt (Red Stripe)</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Seven Yew Sool</li> </ol>		Number 6
<b>2<sup>nd</sup> Kup Red Belt</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Ten Chocking</li> </ol>	Tuksoo Sonjil	Number 7
<b>1<sup>st</sup> Kup Red Belt (Black Stripe)</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous skills</li> <li>2. Ten Sun Sool (Standing)</li> <li>3. Ten Sun Sool (Fighting Stance)</li> </ol>		Number 8
<b>1<sup>st</sup> Dan Black Belt</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous Skills</li> <li>2. Tan Bong (Short Stick) strikes</li> <li>3. Tan Bong Defence against Juk Do</li> <li>4. Tan Bong Makki Soo</li> <li>5. Kal Makki Soo</li> <li>6. Rushing defence</li> </ol>	Double Kicks	Wol Ge Kwan Form Number 1
<b>2<sup>nd</sup> Dan Black Belt</b>	<ol style="list-style-type: none"> <li>1. Improvement in all previous Skills</li> <li>2. Juk Do (Bamboo Sword)</li> <li>3. Sitting Defence</li> <li>4. Defence against multiple opponents</li> </ol>		Wol Ge Kwan Form Number 1

You may be asked to break boards to demonstrate your techniques at any of the above levels