

UM Taekwondo Belt Requirements

White belt (10th gup)

Stances: charyut, joon-bi, natural, sitting (SS), front (FS), walking (WS)

Strikes: middle punch, high punch

Blocks: down block, out-to-in middle block, high block

Sample Combos: single, double, triple punches (SS)
down block (WS)
middle block, counter punch (FS)

Kicks: Front kick (FK): back-leg, front-leg

Roundhouse kick (RK): back-leg, front-leg (fast kick), spin-step (reverse-step), slide-back (padachagi)

Ax kick (AK): out-to-in ax kick with back-leg, in-to-out crescent kick, out-to-in crescent kick

Side kick (SK): step-in

Sample Combos: double punch, back-leg RK, front-leg RK
back-leg FK, back-leg RK
hoojin, padachagi

Forms: Taegeuk Il Jang

Break: one board (AK or step-in SK)

Attendance: 1 class/week

Yellow belt (8th gup)

Stances: back (BS)

Strikes: back-fist to nose, out-to-in knife-hand (palm up)

Blocks: in-to-out middle block ("side block"), middle-section guarding block

Sample Combos: down block, high block, high punch (FS)
guarding block (BS), counter punch (FS)
out-to-in knife-hand strike, counter punch (FS)

Kicks: RK: hop back-leg, back-front double, short-range padachagi, front-leg padachagi

SK: back leg, flying

Back kick (BK): attacking

Sample Combos: back-leg RK, fast kick, reverse-step RK
back-leg RK, back-front double kick
padachagi, front-leg padachagi

Forms: Taegeuk Ee Jang , Taegeuk Sam Jang

Break: none

Attendance: 1.5 classes/week

Green belt (6th gup)

Stances: twist, left and right (a.k.a. T-stance)

Strikes: back-fist to temple, knife-hand (palm down), middle-section fingertip

Blocks: inside middle block (palm in), low-section guarding block

Sample Combos: down block, out-to-in middle block, high block, high punch (FS)

Sample Combos: back-fist to temple (FS), back-fist to nose (FS), counter punch (FS)
guarding block (BS), back hand middle-section fingertip (FS)
knife-hand strike (BS), front-leg FK, counter punch (FS)

Kicks: FK: front-leg from back or cat stance, push kick

RK: narabam, front-back double

AK: front-leg to top/side of head and face

SK: cut kick

BK: step-in, counter

Sample Combos: fast kick, back-leg AK, narabam
step-in SK, attacking BK
padachagi, counter BK

Forms: Taegeuk Sa Jang , Taegeuk Oh Jang

Break: none

Attendance: 1.5 classes/week

UM Taekwondo Belt Requirements

Blue belt (4th gup)

Stances: cat

Strikes: high-section fingertip

Blocks: low-, high-section X-blocks, push block

Sample Combos: middle-, high-section fingertip (FS)

knife-hand strike (BS), lunge knife-hand strike (BS), reverse knife-hand strike (BS)

low-, high-section X-block (FS)

guarding block (BS), reverse-step guarding block (BS), down block + counter punch (FS)

Kicks: RK: reverse narabam

Hook kick (HK): back-leg, step-in

Spinning hook kick (SHK): stationary back-leg

Sample Combos: back-leg RK, step-in HK/RK (without touching)

fast kick, narabam, switch narabam

hop back-leg RK, back-front double kick, counter back kick

Forms: Taegeuk Yuk Jang, Taegeuk Chil Jang

Break: one board with a hand technique or kick (anything beyond a white-belt skill)

Attendance: 2 classes/week

Red belt (2nd gup)

Stances: no new techniques

Strikes: low-section fingertip

Blocks: no new techniques

Sample Combos: low-, middle-, high-section fingertip (FS)

inside middle block (in BS), side block (in FS), out-to-in middle block (in BS)

guarding block (in BS), step back guarding block (in BS), reverse-step guarding block (in BS),

low-section fingertip (in FS)

Kicks: SHK: jumping (can be in place or moving backwards, like a counter back kick), counter (lift front leg first)

Sample Combos: fast kick, front-back double kick, slide-back back-front double kick (going backwards)

back-leg RK, narabam, back-leg SHK

padachagi, counter SHK

Forms: Taegeuk Pal Jang, Nohi

Break: none

Attendance: 2 classes/week

Red-black belt (1st gup)

Mandatory one-semester waiting period with a maintenance test at the end. Must know Koryo by then.

Assistant instructor duties: will be assigned to help out a particular belt rank.

Stances: all previous

Strikes: all previous

Blocks: all previous

Sample Combos: similar to previous but longer and more complicated

Kicks: all previous

Sample Combos: back-leg RK, narabam, don't touch foot to floor/SHK

padachagi, slide-back back-front double kick, jumping SHK (going backwards)

slide-back front-back double kick, reverse narabam, counter SHK

Forms: Koryo, Chang Kwan (offense and defense)

Break: 3 boards with one power technique (e.g., side kick, back kick) or 1 board with one aerial technique (e.g., 360 spin hook kick)

Attendance: 2.5 classes/week

UM Taekwondo Belt Requirements for Mid-Semester Test

Note: All previous belt requirements are also fair game!

Yellow belt (8th gup)

Stances: back

Strikes: out-to-in knife-hand (palm up)

Blocks: middle-section guarding block

Kicks: RK: hop back-leg, short-range padachagi
AK: in-to-out crescent kick, out-to-in crescent kick

Forms: Taegeuk Ee Jang

Green belt (6th gup)

Strikes: knife-hand (palm down), middle-section fingertip

Blocks: low-section guarding block

Kicks: FK: front-leg from back or cat stance
RK: front-back double
AK: front-leg to top/side of head and face
BK: step-in

Forms: Taegeuk Sa Jang

Blue belt (4th gup)

Strikes: high-section fingertip

Blocks: push block

Kicks: RK: reverse narabam
HK: step-in

Forms: Taegeuk Yuk Jang

Red belt (2nd gup)

Strikes: low-section fingertip

Kicks: SHK: jumping (this will be a work in progress, but be able to demonstrate basic knowledge of the kick)

Forms: Taegeuk Pal Jang