



Promotion Path / Requirements

Path to 1st Dan

Rank / Belt	Bible Verse	One-Step Sparring & Self-Defense	Forms	Fighting Form Numbers	Terminology	Breaking
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White Belt Yellow Stripe

10th Gup

John 3:16

1 to 4

Basic "I" Form 1

Basic "I" Form 2

0

1 to 10

Front Snap Kick
1 Board

Yellow

9th Gup

Romans 3:23
& 6:23

3 to 6

Taeguek Il Jang

Taeguek Ee Jang

0

11 to 23

Skip Side Kick
1 Board

Gold Belt Orange Tip

8th Gup

Romans 5:8

5 to 8

Taeguek Ee Jang

Taeguek Som Jang

1 to 5

24 to 36

Skip Side Kick
1 Board

Orange

7th Gup

Acts 4:12

1 to 10

All Previous Forms

Taeguek Sa Jang

1 to 10

37 to 49

Roundhouse Kick
1 Board

Green

6th Gup

1 Corinthians
15:3-4

9 to 12

Taeguek Sa Jang

Taeguek Oh Jang

1 to 15

50 to 58

Reverse Side Kick
1 Board

Purple

5th Gup

2 Timothy 1:10

11 to 14

Taeguek Oh Jang

Taeguek Yook Jang

1 to 20

Spin Kick
1 Board

Blue

4th Gup

John 6:40

1 to 16

All Previous Forms

Taeguek Chil Jang

1 to 25

Skip Side Kick
2 Boards

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Advanced

Red						
3rd Gup	Romans 10:9-10	15 to 18	Taeguek Chil Jang	1 to 30		Front Snap Kick 2 Boards
			Taeguek Pal Jang			

Brown						
2nd Gup	Acts 2:37-39	17 to 20	Taeguek Pal Jang	1 to 35		Side Kick 2 Boards
			Old Koryo			

Brown Belt Black Stripe						
1st Gup	Acts 22:16 & Ephesians 2:8	19 to 22	Koryo	1 to 40		Spin Kick 2 Boards
			Nebojin			

School Black Belt	Romans 5:1-4	1 to 22	All Previous Forms	1 to 40		Front Snap Kick 3 Boards
						Hand Technique 1 Block

YOUR NAME						
CTA Black Belt		1 to 22	All Previous Forms	1 to 40		Reverse Side Kick 3 Boards
						Hand Technique 1 Block