

TAE KWON DO BELT SYSTEM & REQUIREMENTS

U.S. Royal Martial Arts

1st DAN Gup	Rank	Blue Stripe		Red Stripe	Black Stripe	
		Kicks	Combo Kicks	Forms	Board Break	One Step Sparring
Beginner White		Front Side Round	Front, Side, Round	All Basic Movements Ki Bon Il Jang	Down Hammer Fist	1
10						
High White		Ax	Round, Round, Ax	Ki Bon Lee Jang	Ax Kick	1-2
9						
Yellow		Skip Kicks: Front, Side, Round, Ax	Ax, Skip Round, Side	Tae Guk Il Jang	Side Knife Hand	1-3
8						
High Yellow		Jump Front	Skip Front, Front, Jump Front	Tae Guk Lee Jang	Side Kick	1-4
7						
Green		Flying Side	Skip Side, Side, Flying Side	Tae Guk Sam Jang	Jump Front Kick	1-5
6						
High Green		Turning Back Side	Skip Round, Round, Turning Back Side	Tae Guk Sah Jang	Fist	1-6
5						
Blue		Turning Back Hook	Skip Ax, Round, Turning Back Hook	Tae Guk Oh Jang	Flying Side Kick	1-7
4						
High Blue		Tornado	Round, Tornado, Turning Back Hook	Tae Guk Yook Jang	Turning Back Hook Kick	1-8
3						
Red		Triple Round	Round, Turning Back Side, Triple Round	Tae Guk Chil Jang	Elbow	1-9
2						
High Red		Jump Turning Back Side	Round, Turning Back Hook, Round, Jumping Turning Back Side	Tae Guk Pal Jang	Tornado Kick	1-10
1						
Bo Black		All Kicks	All Combo Kicks	All Forms	Hand, Kick, Jump Kick	All

Student must receive each of the three stripes before being allowed to test for the next level.

Student must receive the stripes in the following order: Blue, Red and Black.

Please see your Master/Instructor for the requirements for the first dan black belt.

Teens - Adults (13 & Up) must know One Step Sparring technique.