

CHUNG'S MARTIAL ARTS ACADEMY
BELT TESTING REQUIREMENTS
*Revised 2/24/2021

Ages 5-7

White Belt (16 classes)

- Form 1A (green stripe = first half, blue stripe = second half)
- Demonstrate a front leg sidekick from cover guard.
- Demonstrate a front and back hand punch from a high guard.
- Demonstrate a low block from front stance.
- Demonstrate a middle punch from front stance.

Yellow Belt (16 classes)

- Poomsae 1 (green stripe = first half, blue stripe = second half)
- Demonstrate a front leg roundhouse kick from cover guard.
- Demonstrate a front leg sidekick + roundhouse kick combination from cover guard.
- Demonstrate a high block from front stance.
- Demonstrate a high punch from front stance.

Purple Belt (16 classes)

- Taeguk 1 (green, blue and yellow stripes for each thirds of the form).
- Demonstrate a back kick.
- Demonstrate a back leg roundhouse kick.
- Demonstrate free sparring.

Orange Belt (16 classes)

- Taeguk 2 (green, blue and yellow stripes for each thirds of the form).
- Demonstrate a jump front kick.
- Demonstrate a hook kick.
- Demonstrate free sparring.

Green Belt (32 classes)

- Taeguk 3 (green, blue and yellow stripes for each thirds of the form).
- Demonstrate any of the prior kicks.
- Demonstrate free sparring.

Ages 8-12

White Belt (16 classes)

- Form 1a, 1b and 2a (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- Demonstrate a front leg sidekick from cover guard.
- Demonstrate a front and back hand punch from a high guard.
- Demonstrate a low block from front stance.
- Demonstrate a middle punch from front stance.

- Demonstrate the three kick combination exercise.

Yellow Belt (16 classes)

- Poomsae 1 and Poomsae 2 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- Demonstrate a front leg roundhouse kick from cover guard.
- Demonstrate a front leg sidekick + roundhouse kick combination from cover guard.
- Demonstrate a high block from front stance.
- Demonstrate a high punch from front stance.
- Demonstrate free sparring.

Purple Belt (16 classes)

- Taeguek 1 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 10 Basic Motions.
- Demonstrate a back kick.
- Demonstrate a back leg roundhouse kick.
- Demonstrate free sparring.

Orange Belt (16 classes)

- Taeguek 2 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 10 Basic Motions with terminology.
- Demonstrate a jump front kick.
- Demonstrate a hook kick.
- Demonstrate free sparring.

Green Belt (32 classes)

- Taeguek 3 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 10 Basic Motions with terminology.
- Demonstrate a jump roundhouse kick.
- Demonstrate a backfist.
- Demonstrate free sparring.

Blue Belt (32 classes)

- Taeguek 4 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 21 basic motions
- Demonstrate an out to in crescent kick.
- Demonstrate an in to out crescent kick.
- Demonstrate a heel down kick.
- Demonstrate free sparring.

Brown Belt (48 classes)

- Taeguek 5 (students earn a blue stripe by demonstrating these forms to instructors,

a blue stripe is required to test for the next belt color).

- 21 basic motions with terminology.
- Demonstrate a twist kick.
- Demonstrate a running jump front kick.
- Demonstrate free sparring.

Brown/White Belt (48 classes)

- Taeguk 6 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 21 basic motions with terminology.
- Demonstrate a tornado kick.
- Demonstrate a jump back kick.
- Demonstrate free sparring.

Red Belt (48 classes)

- Taeguk 7 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 21 basic motions with terminology.
- Demonstrate a flying side kick.
- Demonstrate a spinning hook kick.
- Demonstrate free sparring.

Red/White Belt (48 classes)

- Taeguk 8 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 21 basic motions with terminology.
- Demonstrate any kicks/combinations that are asked for.
- Demonstrate free sparring.

Deputy Black Belt (48 classes)

- Demonstrate Taeguk 1-8
- 42 basic motions.
- 21 basic motions with terminology.
- Demonstrate contact sparring.
- Demonstrate three against one sparring.
- Demonstrate forward roll and break fall.
- Demonstrate grabbing defense skills.
- Break one 1/2" board with hand speed technique and one 1/2" board with a speed spinning hook kick.
- One-step sparring technique 1-5 featuring throwing techniques.
- Give a two minute speech on how martial arts has benefited your life.

Ages 13+

White Belt (16 classes)

- Form 1a, 1b, 2a and 2b (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).

instructors, a blue stripe is required to test for the next belt color).

- Demonstrate a front leg sidekick from cover guard.
- Demonstrate a front and back hand punch from a high guard.
- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for the next belt).
- Demonstrate the three kick combination exercise.

Yellow Belt (16 classes)

- Poomsae 1, 2, 3 and 4 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- Demonstrate a front leg roundhouse kick from cover guard.
- Demonstrate a front leg sidekick + roundhouse kick combination from cover guard.
- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for the next belt).
- Demonstrate free sparring.

Purple Belt (16 classes)

- Taeguek 1 and Phyung 1 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 10 basic motions.
- Demonstrate a back kick.
- Demonstrate a back leg roundhouse kick.
- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for the next belt).
- Demonstrate free sparring.

Orange Belt (16 classes)

- Taeguek 2 and Phyung Ahn 2 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 10 basic motions with terminology.
- Demonstrate a jump front kick.
- Demonstrate a hook kick.
- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for the next belt).
- Demonstrate free sparring.

Green Belt (32 classes)

- Taeguek 3 and Phyung Ahn 3 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).
- 10 basic motions with terminology.
- Demonstrate a jump roundhouse kick.
- Demonstrate a backfist.
- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for

demonstrating these applications to an instructor. A green stripe is required to test for the next belt).

- Demonstrate free sparring.

Blue Belt (32 classes)

- Taeguek 4 and Phyung Ahn 4 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).

- 21 basic motions.

- Demonstrate an out to in crescent kick.

- Demonstrate an in to out crescent kick.

- Demonstrate a heel down kick.

- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for the next belt).

- Demonstrate free sparring.

Brown Belt (48 classes)

- Taeguek 5 and Phyung Ahn 5 (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).

- 21 basic motions with terminology.

- Demonstrate a twist kick.

- Demonstrate a running jump front kick.

- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for the next belt).

- Demonstrate free sparring.

Brown/White Belt (48 classes)

- Taeguek 6 and Bassai (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).

- 21 basic motions with terminology.

- Demonstrate a tornado kick.

- Demonstrate a jump back kick (over 40 regular back kick).

- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for the next belt).

- Demonstrate free sparring.

Red Belt (48 classes)

- Taeguek 7 and Bassai (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).

- 21 basic motions with terminology.

- Demonstrate a flying side kick (not required for students over 40).

- Demonstrate a spinning hook kick.

- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for the next belt).

- Demonstrate free sparring.

Red/White Belt (48 classes)

Taeguek 8 and Bassai (students earn a blue stripe by demonstrating these forms to instructors, a blue stripe is required to test for the next belt color).

- 21 basic motions with terminology.

- Demonstrate any kicks/combinations that are asked for.

- Demonstrate your close range poomsae application (students earn a green stripe by demonstrating these applications to an instructor. A green stripe is required to test for the next belt).

- Demonstrate free sparring.

Deputy Black Belt (48 classes)

- Demonstrate Taeguek 1-8, Phyung Ahn 1-5 and Bassai.

- 42 basic motions.

- 21 basic motions with terminology.

- Demonstrate contact sparring.

- Demonstrate three against one sparring.

- Demonstrate forward roll and break fall.

- Demonstrate grabbing defense skills.

- Break one 1" board with hand speed technique and one 1" board with a speed spinning hook kick.

- One-step sparring technique 1-5 featuring throwing techniques.

- Give a two minute speech on how martial arts has benefited your life.