



Latin-American International Tae Kwon Do Federation Ltd

RANK PROMOTION REQUIREMENTS

This page describes the proficiency requirements every Taekwondo student must demonstrate in order to ascend in Belt Rank up to the Rank of 1st Dan Black Belt.

All Tests are cumulative.

This means that, in addition to demonstrating mastery of the new material, the Taekwondo student must continue to demonstrate proficiency in the knowledge and skills required for all previous Ranks.

Breaking Requirement – Boards

Boards are standard 1” X 12”. Width requirements by age are Age 6 & under 6”; Age 7-8 9”; Age 10 & up 12”.

Tournament Competition Pre-Requisite

Taekwondo students advancing above the rank of 6 Gup (Orange Belt) must demonstrate proficiency in actual Tournament Competition as a condition of eligibility to test for promotion to the next Belt Rank.

Leadership Pre-Requisite

Candidates for advancement to 2 Gup (2nd Degree Red Belt) and higher must demonstrate willingness to lead classes and proficiency to teach lower rank students the skills and knowledge they have acquired.

	FORMS	STANCES	BLOCKS	KICKS
8 GUP YELLOW BELT	Kicho 1 – 3	Front Horseback Fighting Ready	Inside Middle Outside Middle Lower Upper	Front Roundhouse Crescent Side
	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	Middle High Low	3 Step Sparring 1-6	1 Board Front Kick	5 Tenets

	FORMS	STANCES	BLOCKS	KICKS
7 GUP PURPLE BELT	Taeguk IlJang (1) Palgwe IlJang (1)	Back Stance Cat Stance	All Basic Blocking	Back Kick Hook Kick
	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	All Basic Punches	3 Step Sparring 1-6 1 Step Sparring 1-5	1 Board Knife Hand	Moral Code

	FORMS	STANCES	BLOCKS	KICKS
6 GUP ORANGE BELT	Taeguk EeJang (2) Palgwe EeJang (2)	Continued Improvement All Basic Stances	Continued Improvement All Basic Blocking	Jumping Kicks Spinning Kicks
	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	Continued Improvement All Basic Punches And Strikes	1 Step Sparring 1-10	1 Board Flying Side Kick	Dojang Etiquette

	FORMS	STANCES	BLOCKS	KICKS
5 GUP GREEN	Taeguk SamJang (3) Palgwe SamJang (3)	Continued Improvement All Basic Stances	Continued Improvement All Basic Blocking	Continued Improvement All Basic Kicking
BELT	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	Continued Improvement All Punches & Strikes	1 Step Sparring 1-15	1Board Lunge Punch	History of Taekwondo

	FORMS	STANCES	BLOCKS	KICKS
4 GUP BLUE	Taeguk SaJang (4) Palgwe SaJang (4)	Continued Improvement All Stances	Continued Improvement All Blocking	Continued Improvement All Kicks
BELT	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	Continued Improvement All Punches & Strikes	1 Step Sparring 1-20	1Board Spinning Hook Kick Lunge Punch	Korean Terminology

	FORMS	STANCES	BLOCKS	KICKS
3 GUP BROWN	Taeguk OhJang (5) Palgwe OhJang (5)	Proficiency All Stances	Proficiency All Blocking	Proficiency All Kicks
BELT	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	Proficiency All Punches & Strikes	1 Step Sparring 1-25	1 Board Jumping Hook Kick 2 Board Knife Hand	Open Questions Korean Terminology, Taekwondo Philosophy

	FORMS	STANCES	BLOCKS	KICKS
2 GUP RED	Taeguk YukJang (6) Palgwe YukJang (6)	High Proficiency All Stances	High Proficiency All Blocking	High Proficiency All Kicks
BELT	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	High Proficiency All Punches & Strikes	1 Step Sparring 1-30	Single Board combo Reverse Punch Side Kick Back Kick	Open Questions Taekwondo History, Philosophy, Korean Culture

	FORMS	STANCES	BLOCKS	KICKS
2 GUP HIGH RED	Taeguk ChilJang (7) Palgwe ChilJang (7)	High Proficiency All Stances	High Proficiency All Blocking	High Proficiency All Kicks
BELT	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	High Proficiency All Punches & Strikes	1 Step Sparring 1-35	Single Board each Spinning Hook Kick 3 Times	Open Questions from Test Board <u>WRITTEN TEST</u> LAITF Rules - Forms Judging Kyroogi Scoring

	FORMS	STANCES	BLOCKS	KICKS
1 GUP PRE-BLACK BELT	Taeguk PalJang (8) Palgwe PalJang (8)	High Proficiency All Stances	High Proficiency All Blocking	High Proficiency All Kicks
	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	High Proficiency All Punches & Strikes	1 Step Sparring 1-40	2 Boards each 3 techniques	Open Questions from Test Board History & Philosophy of Taekwondo LAITF Class D Referee Test

	FORMS	STANCES	BLOCKS	KICKS
1 DAN BLACK BELT	Koryo	High Proficiency All Requirements of Lower Belts	High Proficiency All Requirements of Lower Belts	High Proficiency All Requirements of Lower Belts
	PUNCHES	SELF DEFENSE	BREAKING	ORAL TEST
	High Proficiency All Requirements of Lower Belts	3 Step Sparring 1-6 1 Step Sparring 1-50	Single Board Multiple Kick Break Hand Speed Breaks 3 Board Hand Power Break Multiple Concrete Hand Power Break	Open Questions from Test Board LAITF Class E Referee Test <u>WRITTEN TEST</u> Comprehensive Review of Taekwondo Skills & Knowledge <u>ESSAY</u> 1,000+ words “Meaning of Taekwondo”