

## Testing and Rank Requirements of Bulsajo TKD.

Testing is held four times a year, approximately every three months. The testing dates will be provided to students one to two months prior to testing. There is a testing fee of \$10 for all tests except Dan tests which are \$100 - \$150. Testing fees should be paid before or at testing. For students who are white belt or higher, a full dobok is expected at testing (clean, pressed and with the sleeves down). Before a student can test for a new rank they must fulfill the prerequisites listed below.

### **Testing Prerequisites:**

- Minimum of twelve classes between tests.
- The child student (ages five to seventeen) must earn their gold & silver stripes. (see Stripes Sheet).
- Ability to count from one to ten or higher in Korean.
- Knowledge of their ranking breaking techniques (includes English / Korean terminology).
- Ranking poomse (Adults, children eleven years old or green belt and above).
- Ability to perform their HoSinSul (Self-defense) techniques.
- Ranking calisthenics. (See requirements).
- Essay. (This only applies to Bodan and Dan students.)
- Ranking terminology & knowledge. (After the above is demonstrated, the student is given their testing sheet and may fill out the back side with the instructor / master present.)
- Stances, blocks, punches, strikes and kicks should be known in Korean as well as English (to your level).
- White belt students should be able to tie their belt without assistance before testing for their yellow belt.

\*Children will also be given their bronze stripe along with their testing sheet.

*Requirements accumulate each test, meaning the student must be able to perform all prior testing requirements. Children's Self-Defense may be different than what is listed. Students from the ages of five to ten who are no belt to orange belt in rank, do not need to learn poomse. They may request to learn poomse if they wish. Once they have started learning poomse, they may not choose to stop and will be tested on poomse at all tests. Students age eleven and or of green belt rank must learn poomse.*

*The Master reserves the right to change testing requirements per test.*

## **Testing Requirements v2.0**

### **No-Belt to White Belt.**

Stances: Attention, ready/natural, horse riding, walking, back, front and kicking stance.  
Blocks: At least two basic blocks.  
Punches / Strikes: Low, middle, high punch, reverse punch and hammer fist.  
Kicks: Front kick, back kick and knee strike.  
Miscellaneous Techniques: Front straight up & back straight up stretching kick movements.  
Poomse: Kicho  
Self-Defense: 1 – 4.  
Sparring: 3 step sparring.  
Breaking Techniques: hammer fist / front snap kick (ball of the foot) or back kick.  
Calisthenics: In one minute: Push up = 5 – 10, Sit up = 10 – 15, Squats = 20 - 25. Plank = 20sec.  
Terminology & Knowledge: See Beginner Terminology and Knowledge Sheet.

### **White Belt to Yellow Belt.**

Stances: Previous. Concentration on horse stance.  
Blocks: Basic four blocks. (Low, inside-out middle, outside-in middle and high block)  
Punches / Strikes: Previous and palm strike.  
Kicks: Previous and side kick.  
Miscellaneous Techniques: Previous and side straight up stretching kick movement.  
Poomse: TaeGeuk 1. (Il-jang)  
Self-Defense: 5 – 8.  
Sparring: 3 step sparring.  
Breaking Techniques: palm strike / side kick (front leg, off line or skipping).  
Calisthenics: In one minute: Push up = 5 – 10, Sit up = 10 – 15, Squats = 20 - 25. Plank = 20sec.  
Terminology & Knowledge: See Beginner Terminology and Knowledge Sheet.

### **Yellow Belt to Orange Belt.**

Stances: Previous, improved horse stance with a concentration on walking stance and front stance.  
Blocks: Previous.  
Punches / Strikes: Previous and side hammer fist.  
Kicks: Previous and round house kick.  
Miscellaneous Techniques: The three previous stretching kick movements plus outside-in crescent kick and inside-out crescent kick.  
Poomse: TaeGeuk 2  
Self-Defense: 9 – 12.  
Sparring: 3 step sparring.  
Breaking Techniques: side hammer fist / round house kick (ball of the foot).  
Calisthenics: In one minute: Push up = 5 – 10, Sit up = 10 – 15, Squats = 20 - 25. Plank = 20sec.  
Terminology & Knowledge: See Beginner Terminology and Knowledge Sheet.

### **Orange Belt to Light Green Belt.**

Stances: Previous (Basic Stances) with a concentration on back stance.

Blocks: Previous and single knife hand middle block.

Punches / Strikes: Previous and knife hand strike.

Kicks: Previous and axe kick.

Miscellaneous Techniques: Concentration on stretching kick movements.

Poomse: TaeGeuk 3

Self-Defense: 13 – 16.

Sparring: 3 step sparring.

Breaking Techniques: knife hand strike / ax kick (with back of heel).

Calisthenics: In one minute: Push up = 5 – 10, Sit up = 10 – 15, Squats = 20 - 25. Plank = 20sec.

Terminology & Knowledge: See Beginner Terminology and Knowledge Sheet.

### **Light Green Belt to Dark Green Belt.**

Stances: Basic stances, improved back stance and concentration on kicking stance / fighting stance.

Blocks: Double knife hand blocks, “Inside out, palm out” middle block and palm middle blocks.

Punches / Strikes: Knife hand strike improvement, reverse punches, elbow strikes and spear hand.

Kicks: Jumping basic kicks (front, back, side and round kicks)

Miscellaneous Techniques: Swallows form strike to the neck. (from TaeGeuk 4)

Poomse: TaeGeuk 4

Self-Defense: 17 – 20.

Sparring: 1v1 sparring. (Torso contact only)

Breaking Techniques: elbow strike (round or thrust) / jumping basic kick (front, back, round or side).

Calisthenics: In one minute: Push up = 15 - 20, Sit up = 20 – 25, Squats = 25 - 30. Plank = 40sec.

Terminology & Knowledge: See Intermediate Terminology and Knowledge Sheet.

### **Dark Green Belt to Purple Belt.**

Stances: Basic stances, improved kicking and fighting stance. Twisting stance.

Blocks: Improvement on all previous blocks.

Punches / Strikes: Back fist and round house elbow strike.

Kicks: Improvement on all previous kicks and turning back kick.

Miscellaneous Techniques: Twisting stance with back fist.

Poomse: TaeGeuk 5

Self-Defense: 21 – 24.

Sparring: 1v1 sparring. (Torso contact only)

Breaking Techniques: knuckle punch (reverse punch or stepping punch) / turning back kick.

Calisthenics: In one minute: Push up = 15 - 20, Sit up = 20 – 25, Squats = 25 - 30. Plank = 40sec.

Terminology & Knowledge: See Intermediate Terminology and Knowledge Sheet.

### **Purple Belt to Light Blue Belt.**

Stances: Basic stances and improved twisting stance.

Blocks: Improvement on all previous blocks.

Punches / Strikes: Improved reverse punch, turning back fist.

Kicks: Improved round house kick, jumping turning back kick.

Miscellaneous Techniques: Concentration block.

Poomse: TaeGeuk 6

Self-Defense: 25 – 28.

Sparring: 1v1 sparring. (Torso contact only)

Breaking Techniques: turning hammer fist / jumping turning back kick.

Calisthenics: In one minute: Push up = 15 - 20, Sit up = 20 – 25, Squats = 25 - 30. Plank = 40sec.

Terminology & Knowledge: See Intermediate Terminology and Knowledge Sheet.

### **Light Blue Belt to Dark Blue Belt.**

Stances: Previous stances, left/right stance, tiger stance.

Blocks: Double knife hand low block, double open middle block and X-low block.

Punches / Strikes: Improved round house elbow strike and back fist. Double uppercut and side punch.

Kicks: Improved front kick, knee strike and outside-in crescent kick.

Miscellaneous Techniques: “Wrapping-up fists” (TaeGeuk 7 concentration maneuver)

Poomse: TaeGeuk 7

Self-Defense: 29 – 32.

Sparring: 1v1 sparring. (Leg and torso contact only)

Breaking Techniques: turning back knife hand or turning back fist / hook kick (off line or skipping).

Calisthenics: In one minute: Push up = 15 - 20, Sit up = 20 – 25, Squats = 25 - 30. Plank = 40sec.

Terminology & Knowledge: See Intermediate Terminology and Knowledge Sheet.

### **Dark Blue Belt to Red Belt.**

Stances: Previous stances. Improved left/right and tiger stance. Side stance.

Blocks: Double low block and single mountain block.

Punches / Strikes: Single uppercut and elbow / back fist / punch combo.

Kicks: Improved front snap kicks. Double front snap kick.

Miscellaneous Techniques: Single mountain block and “pulling uppercut”. (TaeGeuk 8)

Poomse: TaeGeuk 8

Self-Defense: 33 – 36.

Sparring: 1v1 sparring. (Leg and torso contact only)

Breaking Techniques: speed hammer fist or speed knife hand / turning hook kick.

Calisthenics: In one minute: Push up = 25 - 30, Sit up = 30+, Squats = 30+. Plank = 60sec.

Terminology & Knowledge: See Advanced Terminology and Knowledge Sheet.

### **Red Belt to Brown Belt.**

Stances: Improvement on all stances thus far.

Blocks: As above.

Punches / Strikes: As above.

Kicks: As above. Twist kick and 360 round house kick.

Miscellaneous Techniques: Turning crescent kicks.

Poomse: Kicho - TaeGeuk 8. Optional Palgwe 1

Self-Defense: 37 – 40.

Sparring: 1v1 sparring. (Leg and torso contact only) One round of 2v1 sparring.

Breaking Techniques: ridge hand strike / two basic kick combination (basic / basic)

Calisthenics: In one minute: Push up = 25 - 30, Sit up = 30+, Squats = 30+. Plank = 60sec.

Terminology & Knowledge: See Advanced Terminology and Knowledge Sheet.

### **Brown Belt to Bodan Belt.**

Stances: Improvement on all stances thus far and a greater understanding of them.

Blocks: As above.

Punches / Strikes: As above.

Kicks: As above. Turning back round house kick and turning wheel kick.

Miscellaneous Techniques: Jumping turning crescent kicks.

Poomse: Kicho - TaeGeuk 8. Optional Palgwe 1 & 2

Self-Defense: 41 – 44.

Sparring: 1v1 sparring. (Leg and torso contact only) One round of 2v1 sparring.

Breaking Techniques: speed palm or speed punch (reverse or stepping) / two kick combination basic & intermediate.

Calisthenics: In one minute: Push up = 25 - 30, Sit up = 30+, Squats = 30+. Plank = 60sec.

Terminology & Knowledge: See Advanced Terminology and Knowledge Sheet.

*Bodan Belts and up should refer to their advanced testing requirement sheets.*