

Current Rank	Testing Rank	Current Time Required	Adjusted Time Required	Hand Basics	Foot Basics	Hyung	1-Steps	Self-Defense	Sparring	Kyok Pa
10th Gup	9th Gup	1 month	1 month	Low Block High Block Middle Punch High Punch	Front Kick	Optional - Gi Cho #1	Optional	Optional	Optional	None
9th Gup	8th Gup	2 months	2 months	High Block I-O Block	Round Kick I-O Kick	Gi Cho #1 Gi Cho #2	Extra Credit Content at Instructor's discretion	Extra Credit Content at Instructor's discretion	Extra Credit Content at Instructor's discretion	None
8th Gup	7th Gup	3 months	2-3 months	O-I Block Side Punch Elbow Attack Hu Gul Yup Mahkee	Side Stretch Kick Side Kick Jump Front Kick	Gi Cho #2 Gi Cho #3	Extra Credit Content at Instructor's discretion	Extra Credit Content at Instructor's discretion	Extra Credit Demonstrate any two White Belt Sparring Combos	Adults: Pahl Koop Kong Kyuk or Ahp Cha Nut Gi Children: None
7th Gup	6th Gup	3 months	2-3 months	Low Knife Hand Two Fist Middle Block (Chung Gul & Hu Gul) Free Combos	I-O Kick Back Kick Free Combos	Gi Cho #3 Pyung Ahn #1	Adults: #1, #2	Adults: Cross hand #1-2	Free Sparring	Adults: Kwon Do Kong Kyuk or Yup Podo Cha Gi
							Children: #1 (block & counter)	Children: Cross hand #1	Extra Credit: Demonstrate any two Orange Belt Combos	Children: None
6th Gup	5th Gup	3 months	2-3 months	Middle Knife Hand Low X Block Spear Hand Free Combos	O-I Kick Jump Side Kick Free Combos	Pyung Ahn #1 Pyung Ahn #2	Adults: #3, #4	Adults: Cross hand #3-4	Free Sparring	Kwon Do Kong Kyuk or Dwi Podo Cha Gi
							Children: #3 (block & counter)	Children: Cross hand #2	Extra Credit: Demonstrate any two Green Belt Combos	
5th Gup	4th Gup	3 months	3-4 months	High Knife Block High X Block Free Combos	Hook Kick Free Combos	Pyung Ahn #2 Pyung Ahn #3	Adults: #5, #6	Adults: Same Side #1-4	Free Sparring	Jang Kwon Kong Kyuk or Dollyo Cha Gi
							Children: #1	Children: Same Side #1	Extra Credit: Demonstrate any two Green Belt Combos	
4th Gup	3rd Gup	3 months	3-4 months	Kwon Do Kong Kyuk Teul Lo Kwon Do Kong Kyuk optional Free combos	Back Spin Kick Jump Round Kick Jump I-O Kick Free Combos	Pyung Ahn #3 Pyung Ahn #4	Adults: #7, #8	Adults: 2 on 1 #1-3	Free Sparring	Tuel Oh Choong Dan Kong Kyuk or Ee Dan Dollyo Cha Gi
							Children: #3	Children: Same Side #2	Extra Credit: Demonstrate any two Red Belt Combos	
3rd Gup	2nd Gup	3 months	3-4 months	Choi Ha Dan Soo Do Mahkee Free Combos	Back Spin Kick Jump Back Kick Jump Spin Back Kick Free Combos	Pyung Ahn #4 Pyung Ahn #5	Adults: #9, #10	Adults: 2 on 2 #1-4	Free Sparring	Yuk Soo Do Kong Kyuk or Yup Huri Gi
							Children: #5	Children: 2 on 1 #1	Extra Credit: Demonstrate any two Red Belt Combos	
2nd Gup	1st Gup	6 months	6 months	Jang Kap Kwon Free Combos	Peet Cha Gi Jump Back Spin Kick Jump Spin O-I Kick (Ee Dan Dwui Pahkeso Anhenro)	Pyung Ahn #5 Passai Nai Hanji #1	Adults: #11 - 14	Adults: Side Grips Rear Grips	Free Sparring, combinations emphasizing Tuel Oh Jang Kap Kwon Kong Kyuk	Tuel Oh Jang Kap Kwan Kong Kyuk or Dwi Huri Gi
							Children: #7	Children: 2 on 1 #2		
1st Gup	Cho Dan	6 months	6 months	All Lower Material	All Lower Material	Chil Sung #2 Passai Nai Hanji #1	Adults: #1-18	Adults: All Lower Material	Free Sparring	Ee Dan Dwi Cha Gi or Yeon Soo Kyok Pa with one Soo Gi Technique and one Jok Gi Technique. If candidates cannot physically perform the stated breaks, the Regional Examiner should be consulted prior to testing on an acceptable break.
							Children: #1 - #9 (Odds only)	Children: #1 & #2 of Cross Hand, Same Side, 2 on 1, 2 on 2 Wrist Grips		
Cho Dan	Ee Dan	2 years	2 years	Soo Bahk Do Gi Cho II Bon	Any lower rank material can be requested Ee Dan Sang Bal Cha Gi	Chil Sung #1 Nai Hanji #2 Du Mun Jin Do	Adults: 3-Steps Classic (demonstrate any 3 of the Sam Soo Sik)	Adults: Knife Defense Lower Sleeve Grips	Free Sparring / 2 on 1 Sparring	Ee Dan Ssang Bal Cha Gi or Yeon Soo Kyok Pa with one Soo Gi technique and one Jok Gi technique. If candidates cannot physically perform the stated breaks, the Regional Examiner should be consulted prior to testing on an acceptable break.
							Children: #1 - #17 (Odds only)	Children: All wrist grips including back & side Knife Defense		
Ee Dan	Sam Dan	3 years	3 years	Soo Bahk Do Gi Cho Ee Bon	Any lower rank material can be requested Iron Broom Sweep (Ha Dan Ahp Huri Gi / Ha Dan Dwi Huri Gi)	Chil Sung #3 Nai Hanji #3 Joong Jul Ro Hai	3-Steps Yuk Ro (demonstrate any 3 of the Yuk Ro inspired Sam Soo Sik) Note: 3 Steps Classic to be instructed to students who followed the children's track (demonstrate any 3 of the classic Sam Soo Sik) Seated 1-Steps	Bong Defense Upper Sleeve Grips Note: Lower sleeve grips to be instructed to students who were following the children's track	Free Sparring / 2 on 1 Sparring	Ro Hai hyung with break
Sam Dan	Sa Dan	4 years	4 years	All Lower Material	All Lower Material	Chil Sung #4 Po Wol Ship Soo Kang Sang Kun	All previous material to be demonstrated	All Lower Material	All Lower Material Laying Down Sparring	
Sa Dan	O Dan	5 years	5 years	All Lower Material	All Lower Material	Chil Sung #5 Yang Pyun Sei Shan Wang Shu	All Lower Material	All Lower Material	All Lower Material	
O Dan	Yuk Dan	6 years	6 years	All Lower Material	All Lower Material	Chil Sung #6 Sal Chu Ji On O Ship Sa Bo	All Lower Material	All Lower Material	All Lower Material	
Yuk Dan	Chil Dan	7 years	7 years	All Lower Material	All Lower Material	Chil Sung Chil Ro Hwa Sun Choong Ro	All Lower Material	All Lower Material	All Lower Material	