

Adult Promotion Program

Current Rank & Gup	Testing for Adult Rank of:	Min Time Rq'd	Forms Rq'd	"See Note 1" Points Rq'd	Self Defense Rq'd	Test Fee	"See Note 2" % Rq'd to Pass Test
WhtB - 10th Gup	YelT - 9th Gup	3 Mos	Kicho II	0	3	\$5	50%
YelT - 9th Gup	YelB - 8th Gup	3 Mos	Kicho Yi Kicho Sam Kicho Sa Kicho O	0	5	\$10	50%
YelB - 8th Gup	GrnT - 7th Gup	3 Mos	Taegeuk II Palgwe II	2	7	\$10	50%
GrnT - 7th Gup	GrnB - 6th Gup	3 Mos	Taegeuk Yi Palgwe Yi	2	10	\$15	50%
GrnB - 6th Gup	BluT - 5th Gup	3 Mos	Taegeuk Sam Palgwe Sam	4	12	\$15	55%
BluT - 5th Gup	BluB - 4th Gup	3 Mos	Taegeuk Sa Palgwe Sa 1 Weapon	4	14	\$20	60%
BluB - 4th Gup	RedT - 3rd Gup	6 Mos	Taegeuk O Palgwe O 1 Weapon Form	8	16	\$20	65%
RedT - 3rd Gup	RedB - 2nd Gup	6 Mos	Taegeuk Yook Palgwe Yook 2 Weapon Forms	10	18	\$25	70%
RedB - 2nd Gup	BlkT - 1st Gup	6 Mos	Taegeuk Chil Palgwe Chil 2 Weapon Forms	12	20	\$25	75%
BlkT - 1st Gup	BlkB - 1st Dan	1 Yr	Taegeuk Pal Palgwe Pal 2 Weapon Forms	20	Any Amt	Varies	Ready or not ready
			Creative Form-empty hand or weapon (20 moves minimum) 5 Self-Defenses using a weapon of choice				

Note 1: Points can be earned in the following ways: 1 point for each event at a non-class, non-Qualifier tournament(competing)-4 point max. 4 pt max for working or working/competing entire event. One point for any clinic or demonstration less than 2 hours in length, 2 points for any clinic or demonstration 2 hours or more, 1 point for enrolling in the summer session, 1 point for missing less than 3 classes during the summer session. (You cannot use summer session for points AND time-in-grade requirement. You must choose one or the other). In-House tournament 1 point for competing in 1or 2 events, 2 points for 3-4 events, 3 points for 5 or more events. 3 points for working and/or competing in the entire event. For points received for AAU Qualifier events see examples of possible AAU points at the end of or attached to this form.

"Committing" to assist with the Kid's classes can earn 1 or 2 points. Commitment must be made prior to class identifying the classes you will be assisting with. A minimum of 6 classes is required for 1 point. Missing less than 3 classes is required for 2 points. The classes must all be in one session and one night (Wed or Thurs).

Note 2: Each section of the test, as well as the overall test, must be passed by the percentage required.

Walking Drill Techniques	Test For	Timing Drill Techniques	Test for
Bow In	YelT	Punch to Target	YelT
Tie Belt	YelT	Inside Middle Block	YelT
Horse Stance	YelT	Outside Middle Block	YelT
Make Fist	YelT	Front Snap Kicks	YelB
Punch from Horse Stance	YelT	Side Kick	YelB
Back Stance	YelT	Punch to Nose	GrnT
Backfist	YelT	Punch to Side of Head	GrnT
Oxjaw (Palm Heel)	YelT	Back Leg Roundhouse Kick	GrnB
Low Block	YelT	High/Low (Low/High) Roundhouse Kick	GrnB
Outside Middle Block	YelT	Front Leg Roundhouse Kick	BluT
High Block	YelT	Crescent Kicks (In & Out)	BluT
Front Snap Kick	YelT	Back Hook Kick	BluB
Regular Punch	YelT	High/Low Punch/Block	BluB
Side Kick	YelT	Roundhouse/Back Kick Counter	RedT
Reverse Punch	YelT	3 Block/Counter Punch	RedT
Back Kick	YelT	Middle, Low, Middle Conditioning Blocks	RedT
Front Stance	YelT	Side Kick/Cat Stance/Ax Kick (Alt Leg)	RedT
Roundhouse Kick	YelT	Side Kick/Cat Stance/Ax Kick (Same Leg)	RedB
All Above as Walking Drills	YelB	Double Arm Wristlock	RedB
Inside Middle Block	GrnT	Backfist/Reverse Punch (Open & Close Sparring Stance)	RedB
Turning Back Kick	GrnT	Bounce, Bounce, Bounce Roundhouse Kick	RedB
Fighting Stance	GrnT	Slow Multiple Roundhouse Kicks	BlkT
Pivot Side Kick	GrnT	Fast Multiple Roundhouse Kicks	BlkT
Turn Around	GrnT	Koryo Side Kick	BlkT
Inside Sudo	GrnB	Sign of the Cross (Hands) (Using Boards)	BlkT
Step Side Kick	GrnB	Sign of the Cross (Feet) (Using Boards)	BlkT
Cat Stance	GrnB		
Scoop Side Kick	GrnB		
Crescent Kick (Inside)	BluT		
Outside Middle Block (Palm Out)	BluT		
Crescent Kick (Outside)	BluT		
Outside Sudo (Palm Down)	BluT		
Cat Stance W/Front Snap Kick	BluB		
Tiger Stance	BluB		
Spinning Back Kick	BluB		
Ax Kick	BluB		
Outside Sudo (Palm Up)	BluB		
Pivot Back Hook Kick	RedT		
Double Punch	RedT		
Turning Back Hook Kick	RedT		
High Block/Reverse Punch	RedT		
Spinning Back Hook Kick	RedT		
Regular Double Punch	RedT		
Outside Crescent/Pivot Side Combo	RedT		
Outside Middle Blk/Rev Punch	RedT		
Reverse (or Reg) Punch W/Kick	RedB		
Double Scoop Side Kick	RedB		
Double Roundhouse Kick	RedB		
Triple Punch	RedB		
Front Jump Kick	RedB		
Grab,Pull, Punch	RedB		
Front Snap/Front Jump Kick Combo	RedB		
Ridgehand	RedB		
Front, Side, Back Kick Combo	RedB		
Inside Crescent/Back Kick Combo	RedB		
Spearhand	BlkT		
Roundhouse/Back Kick Combo	BlkT		
Jump Backfist	BlkT		
Back Hook/Roundhouse Combo	BlkT		
Front/Side Kick(Alt Leg) W/Cat Mvmt	BlkT		
Front/Side Kick(Same Leg) W/Cat Mvmt	BlkT		
Jump Backfist W/Reverse Punch	BlkT		
Side Squat Punch	BlkT		
Jebbi-Poom	BlkT		
Inside Crescent/Side Kick W/O Touching	BlkT		
Jump Wheel Kick	BlkT		
Flying Side Kick	BlkT		

Progressive Development

The last section of the test is for an evaluation of your martial arts progressive growth. The possible values for each area are 0,4,9,12,15,& 20. A value of 12 represents average performance in that given category.

1. Missed classes - During 3 month testing periods, 0 days missed = 20, 'pts, 1 day missed=15 pts, 2 missed=12 pts, 3 missed=9 pts, 4 =4 pts

2. Classroom Disciplines - Class effort, use of free time, set good example, 'participate in all aspects of class including sparring,

3. Respect - Respect shown to instructors & classmate. Respect shown 'to parents/siblings outside class. Earned respect from classmates.

4. Extra curricular activities - 12=min pts for testing to min pts +1, 15-min, pts +2 to min pts +5, 20=min pts + 6 or more

5. Self motivation - Extra classes, seeking help to improve, practicing

6. Club spirit & contributions - Helpfulness with classes, tourn, & clinics, promotion thru flyers, generating new students, booking demos

7. Martial Arts Attitude - Sportsmanship, ethhusiasm, control, empowering 'character, humility, motivation for perfection, strength, determination