

## Junior Promotion Program

Current Belt	Curr Rank	Curr Gup Rank	Testing for Youth Belt	Testing for JR Level #	Forms RQID	Y5 Prog	Y6 Prog	Y7 Prog	Y8 Prog	Y9 Prog	Points RQID	Self-Defense RQID	Fee	%** RQID to Pass Test	
White	JR23	10th Gup	White/BIKT	JR22	None	3					0	2	\$5	50%	
White/BIKT	JR22	10th Gup	White/BIKS	JR21	Kicho 1	3	3	3	3	3	0	3	\$5	50%	
White/BIKS	JR21	9th Gup	White/BIKS/YeIT	JR20	Kicho 2	3					0	3	\$5	50%	
White/BIKS/YeIT	JR20	9th Gup	YeIB/Whts	JR19	Kicho 3	3	3	3			*	4	\$5	50%	
YeIB/Whts	JR19	9th Gup	YeIB/Whts/BIKT	JR18	Kicho 4	3	3				*	4	\$5	50%	
YeIB/Whts/BIKT	JR18	9th Gup	YeIB/BIKS	JR17	Kicho 5	3	3	3	3	3	*	5	\$5	50%	
YeIB/BIKS	JR17	8th Gup	YeIB/BIKS/OrgT	JR16	Taegeuk 1	3	3	3	3	3	2	5	\$5	50%	
YeIB/BIKS/OrgT	JR16	8th Gup	OrgB/Whts	JR15	Palgwe 1	3	3	3	3	3	2	6	\$5	50%	
OrgB/Whts	JR15	8th Gup	OrgB/Whts/BIKT	JR14	Taegeuk 2	3	3	3	3	3	2	6	\$5	50%	
OrgB/Whts/BIKT	JR14	8th Gup	OrgB/BIKS	JR13	Palgwe 2	3	3	3	3	3	4	8	\$5	50%	
OrgB/BIKS	JR13	7th Gup	OrgB/BIKS/OrgT	JR12	Taegeuk 3	3	3	3	3	3	4	8	\$5	50%	
OrgB/BIKS/OrgT	JR12	7th Gup	Gmb/Whts	JR11	Palgwe 3	3	3	3	3	3	4	10	\$5	50%	
Gmb/Whts	JR11	6th Gup	Gmb/Whts/BIKT	JR10	Taegeuk 4	6	3	3	3	3	6 or 4	10	\$5	50%	
Gmb/Whts/BIKT	JR10	6th Gup	Gmb/BIKS	JR9	Palgwe 4	6	3	3	3	3	6 or 4	12	\$5	50%	
Gmb/BIKS	JR9	5th Gup	Gmb/BIKS/BluT	JR8	Taegeuk 5										
Gmb/BIKS/BluT	JR8	5th Gup	BluB/Whts	JR7	Palgwe 5	6	6	3	3	3	6 or 4	12	\$5	55%	
BluB/Whts	JR7	4th Gup	BluB/Whts/BIKT	JR6	1 Weapon form	6	6	3	3	3	8 or 4	14	\$10	55%	
BluB/Whts/BIKT	JR6	4th Gup	BluB/BIKS	JR5	Taegeuk 6	6	6	3	3	3	8 or 4	14	\$10	60%	
BluB/BIKS	JR5	3rd Gup	BluB/BIKS/RedT	JR4	2 Weapon forms	6	6	6	3	3	10 or 6	16	\$10	65%	
BluB/BIKS/RedT	JR4	3rd Gup	RedB/Whts	JR3	Palgwe 7	6	6	6	3	3	10 or 6	18	\$10	65%	
RedB/Whts	JR3	2nd Gup	RedB/Whts/BIKT	JR2	2 Weapon forms	6	6	6	3	3	12	18	\$10	70%	
RedB/Whts/BIKT	JR2	2nd Gup	RedB/BIKT	JR1	Taegeuk 8	6	6	6	6	3	12	20	\$20	75%	
RedB/BIKS	JR1	1st Gup	BluB - 1st Poom		Palgwe 8										
			RQID Time to Black Belt ----->		2 Weapon forms										
					1 Creative form - min. 20 moves										
					Koryo										
					5 weapon s.d.										
					1 Creative form - min. 20 moves										
						9 Yrs	1 yr	1 yr	1 yr	1 yr	6 mos	20	Any Amt	Varies	N/A

\*If you have tested at least 2 times, you will need 2 points to test

\*\*%-Each section of the test must be passed by this percentage as well as the overall test

Walking Drill Techniques	On Youth Test For	Timing Drill Techniques	On Youth Test For
Bow In	JR22	Punch to Target	JR22-21
Tie Belt	JR22	Inside Middle Block	JR20-19
Horse Stance	JR22	Outside Middle Block	JR18-17
Make Fist	JR22	Front Snap Kicks	JR16-15
Punch from Horse Stance	JR22	Side Kick	JR14
Back Stance	JR22	Punch to Nose	JR13
Backfist	JR22	Punch to Side of Head	JR12
Oxjaw (Palm Heel)	JR22	Back Leg Roundhouse Kick	JR11
Low Block	JR21	High/Low (Low/High) Roundhouse Kick	JR10
Outside Middle Block	JR21	Front Leg Roundhouse Kick	JR9
High Block	JR21	Crescent Kicks (In & Out)	JR8
Front Snap Kick	JR21	Back Hook Kick	JR7
Regular Punch	JR20	High/Low Punch/Block	JR6
Side Kick	JR20	Roundhouse/Back Kick Counter	JR5
Reverse Punch	JR20	3 Block/Counter Punch	JR4
Back Kick	JR20	Middle, Low, Middle Conditioning Blocks	JR3
Front Stance	JR20	Side Kick/Cat Stance/Ax Kick (Alt Leg)	JR3
Roundhouse Kick	JR20	Side Kick/Cat Stance/Ax Kick (Same Leg)	JR2
All Above as Walking Drills	JR19	Double Arm Wristlock	JR2
Inside Middle Block	JR18	Backfist/Reverse Punch (Open & Close Sparring Stance)	JR2
Turning Back Kick	JR18	Bounce, Bounce, Bounce Roundhouse Kick	JR2
Fighting Stance	JR17	Slow Multiple Roundhouse Kicks	JR1
Pivot Side Kick	JR17	Fast Multiple Roundhouse Kicks	JR1
Turn Around	JR16	Koryo Side Kick	JR1
Inside Sudo	JR15	Sign of the Cross (Hands)	JR1
Step Side Kick	JR15	Sign of the Cross (Feet)	JR1
Cat Stance	JR14		
Scoop Side Kick	JR14		
Crescent Kick (Inside)	JR13		
Outside Middle Block (Palm Out)	JR13		
Crescent Kick (Outside)	JR12		
Outside Sudo (Palm Down)	JR12		
Cat Stance W/Front Snap Kick	JR11		
Tiger Stance	JR11		
Spinning Back Kick	JR10		
Ax Kick	JR10		
Outside Sudo (Palm Up)	JR9		
Pivot Back Hook Kick	JR9		
Double Punch	JR8		
Turning Back Hook Kick	JR8		
High Block/Reverse Punch	JR7		
Spinning Back Hook Kick	JR7		
Regular Double Punch	JR6		
Outside Crescent/Pivot Side Combo	JR6		
Outside Middle Block/Reverse Punch	JR5		
Reverse (or Regular) Punch W/Kick	JR5		
Double Scoop Side Kick	JR4		
Double Roundhouse Kick	JR4		
Triple Punch	JR3		
Front Jump Kick	JR3		
Grab,Pull, Punch	JR3		
Front Snap/Front Jump Kick Combo	JR3		
Ridgehand	JR2		
Front, Side, Back Kick Combo	JR2		
Inside Crescent/Back Kick Combo	JR2		
Spearhand	JR2		
Roundhouse/Back Kick Combo	JR2		
Jump Backfist	JR2		
Back Hook/Roundhouse Combo	JR2		
Front/Side Kick(Alt Leg) W/Cat Mvmnt	JR1		
Front/Side Kick(Same Leg) W/Cat Mvmnt	JR1		
Jump Backfist W/Reverse Punch	JR1		
Side Squat Punch	JR1		
Jebbi-Poom	JR1		
Inside Crescent/Side Kick W/O Touching	JR1		
Jump Wheel Kick	JR1		
Flying Side Kick	JR1		
<b>Progressive Development &amp; Martial Arts Disciplines</b>			
The last section of the test is for an evaluation of your martial arts progressive growth. The possible values for each area are 0,3,12,15,& 20. A value of 12 represents average performance in that category.			
<u>Attendance:</u> 0 days=20, 1 day=15, 2 days=12, 3 days=9, 4 days=4 0-1 day=20, 2-3=15, 4-5=12, 6-7=6, 8 days=3			
<u>Respect:</u> You show respect to classmates, instructors, and parents. You respond appropriately to question with "yes sir or yes ma'am". You address instructors properly.			
<u>Attentiveness:</u> You listen to instructors and parents. You follow instructions. You are focused when doing forms.			
<u>Class Effort:</u> You put 100% effort into exercises, drills, forms, sparring, etc. You work hard to perfect your techniques. You try all aspects of class even though it is not your favorite thing to do.			
<u>Self-Motivation:</u> When free time is given to class, you diligently work on TKD activities to improve those things that need improving. You do not waste class time talking and playing with friends. You practice outside of class.			
<u>Class Behavior:</u> You do not disrupt the class with inappropriate behavior. The instructors do not have to interrupt class to discipline your behavior. You are a good partner for stretches and partner drills.			
<u>Extra Curricular Activities:</u> You earn more than the minimum required points to test by doing more events per tournament or by attending more tournaments, demos, or clinics. 12 = min pts to min pts +1, 15 = min pts +2 to min pts +5, 20=min pts + 6 or more			
<u>Leadership:</u> You set a good example for lower belts or younger students. You help your partner do exercises and partner drills properly. You are a good sparring partner.			
<u>Martial Arts Attitude:</u> You are always a good sport. You don't lose your temper when you lose and are a gracious winner. You are always sincerely happy for others who win. You always try to help others. You are enthusiastic about training and Taekwondo. You accept constructive criticism graciously.			
<u>Integrity:</u> Integrity means doing the right thing because you know it is the right thing to do. Integrity means doing the right thing even if your friends are not. Integrity means doing your best even if nobody is watching.			