



**BELT EXAM REQUIREMENTS
HELSINKI UNIVERSITY TAEKWON-DO**



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About the belt exam requirements

The belt exam requirements act as a guide for the student when preparing for the next belt exam. They also help to set short time goals and state the required skillset of every grade. These requirements are guidelines, and also other things done in the trainings might be required in the belt exam.

The skills listed in the requirements are the minimum requirements for each grade. When having the listed skills the student may attend the next belt exam.

Each grade should be able to perform all the skills of the current and previous grades before attending the next belt exam. If there is no specific mention about a specific skill like step sparring, but it has been mentioned in an earlier grade requirement list, students should also be able to show that skill. The examiner expects to see a clear improvement in the skill level for each grade, so just learning the new techniques and patterns is not enough.

All the students need to have a valid licence for the whole preparation period. In the training card, training marks for acting as an assistant coach in training session will be given as regular ones, but circled by the instructor. The federations' electronic signup system will be checked for attendance of events like competitions and training camps.

Preparation to the belt exam and permission to attend

It is advisable to make a decision on preparing for the belt exam at an early stage, especially at higher grades and if the goal is to advance by two grade levels. Let the instructors know your goal as soon as possible, so they can do their best to support your goal.

The student needs permission from the instructor before signing up for the belt exam. This way both the instructor and the student can be sure that the student has the required skills to pass the exam.

Training amount and preparation times for different grades

9th Gup → 8th Gup, 20 trainings / 6 months
8th Gup → 7th Gup, 25 trainings / 6 months
7th Gup → 6th Gup, 30 trainings / 6 months
6th Gup → 5th Gup, 35 trainings / 6 months
5th Gup → 4th Gup, 40 trainings / 6 months
4th Gup → 3rd Gup, 50 trainings / 6 months
3rd Gup → 2nd Gup, 60 trainings / 6 months
2nd Gup → 1st Gup, 70 trainings / 6 months
1st Gup → 1st Dan, 80 trainings / 6 months

9th Gup → 7th Gup, 30 trainings / 6 months
8th Gup → 6th Gup, 40 trainings / 6 months
7th Gup → 5th Gup, 45 trainings / 6 months
6th Gup → 4th Gup, 55 trainings / 6 months
5th Gup → 3rd Gup, 60 trainings / 6 months
4th Gup → 2nd Gup, 75 trainings / 6 months



White belt, 10th Gup

Hand techniques

- Gonnun junbi sogi
- Gonnun sogi palmok najunde makgi
- Gonnun sogi kaunde baro jirugi
- Gonnun sogi palmok najunde sonkal bakuro makgi
- Gonnun sogi kaunde an palmok makgi
- Niunja sogi kaunde an palmok makgi
- Gonnun sogi kaunde bakat palmok makgi
- Gonnun sogi kaunde bandae jirugi
- Niunja sogi kaunde baro jirugi

Foot techniques

- Apcha olligi
- Apcha busigi

Stances

- Narani sogi
- Charyot sogi
- Moa sogi
- Gonnun sogi
- Niunja sogi

Step sparring

- Han chok sambo matsogi (three step sparring alone in one direction)

Four directional patterns

- Saju jirugi
- Saju makgi
- Saju chagi

Pattern

- Chon-Ji

Theory

- Theory package for the beginners course
- Theory of the basic stances
- Theory of Chon-Ji

Other requirement

- Etiquette and behaviour in do jang



White belt with yellow stripe, 9th Gup

Hand techniques (najunde, kaunde)

- Apcha busigi
- Yop apcha busigi
- Dollyo chagi
- Yop dollyo chagi
- Yopcha jirugi
- Naeryo chagi

Step sparring

- Yang chok sambo matsogi (three step sparring alone in two directions)

Sparring

- Free sparring, no contact

Other requirements

- At least one event outside of the club (competition, camp, training day, club's promotional event or training in other club) during preparation period



Yellow belt, 8th Gup

Hand techniques

- Niunja sogi kaunde sonkal daebi makgi
- Gonnun sogi nopunde baro jirugi
- Niunja sogi sang palmok makgi
- Gonnun sogi nopunde chookyo makgi
- Niunja sogi kaunde sonkal bakuro taerigi
- Annun junbi sogi

Foot techniques

- Yopcha olligi
- Twimyo apcha busigi

Stances

- Annun sogi

Step sparring

- Han chok sambo matsogi (with pair, right and left side)
- Yang chok sambo matsogi (with pair, right and left side)

Sparring

- Free sparring, with sparring gear

Pattern

- Dan-Gun

Theory

- Theory of Dan-Gun
- Theory of the new stances
- Vocabulary of the grade

Other requirements

- Techniques also in bandae side
- Understanding differences between attacking and blocking kicks
- At least one event outside of the club (competition, camp, training day, club's promotional event or training in other club) during preparation period



Yellow belt with green stripe, 7th Gup

Hand techniques

- Gonnun sogi nopunde bakat palmok makgi
- Gonnun sogi kaunde sun sonkut tulgi
- Gonnun sogi nopunde dung joomuk yop taerigi
- Gonnun sogi nopunde bakat palmok hechyo makgi
- Gonnun sogi kyocha joomuk najunde noollo makgi

Foot techniques

- Twimyo dollyo chagi
- Twimyo yopcha jirugi

Step sparring

- I bo matsogi

Pattern

- Do-San

Self defence

- Detachments

Theory

- Theory of Do-San
- Vocabulary of the grade
- Finnish law of self-defence (Hätävarjelulaki), basic level

Other requirements

- At least one event outside club (competition, camp, training day, club's promotional event or training in other club) during preparation period



Green belt, 6th Gup

Hand techniques

- Niunja sogi nopunde sonkal anuro taerigi
- Gojung sogi kaunde baro jirugi
- Gonnun sogi kaunde an palmok dollimyo makgi
- Goburyo junbi sogi A

Foot techniques (najunde, kaunde)

- Dwitcha jirugi
- Tora yopcha jirugi/Dolmyo yopcha jirugi

Stances

- Gojung sogi
- Goburyo sogi

Step sparring

- I bo matsogi

Pattern

- Won-Hyo

Self-defence

- Submissions
- Moderate damaging
- Serious damaging

Power breaking

- Ap joomuk jirugi
- Sonkal taerigi (anuro/bakuro)
- Kaunde dollyo chagi
- Aпча busigi

Theory

- Theory of Won-Hyo
- Vocabulary of the grade
- Personal history of Choi Hong Hi, basic level

Other requirements

- Adapting techniques in different heights
- At least one event outside of the club (competition, camp, training day, club's promotional event or training in other club) during preparation period
- At least one experience acting as assistant instructor in trainings during the preparation period



Green belt with blue stripe, 5th Gup

Hand techniques

- Annun sogi
- Gonnun sogi kaunde sonbadak golcho makgi
- Gonnun sogi kaunde ap palkup taerigi
- Kyocha sogi nopunde dung joomuk yop taerigi
- Gonnun sogi nopunde doo palmok makgi

Foot techniques (najunde, kaunde)

- Goro chagi

Stances

- Kyocha sogi

Step sparring

- Ilbo matsogi

Pattern

- Yul-Gok

Self defence

- Self defence against direct and turning punches
- Detachments and control holds 360°

Power breaking

- Ap joomuk jirugi
- Sonkal taerigi (anuro/bakuro)
- Kaunde dollyo chagi
- Apcha busigi

Theory

- Theory of Yul-Gok
- Vocabulary of the grade

Other requirements

- Adapting techniques in different stances
- Concept of twimyo and adapting in technique training
- At least one event outside of the club (competition, camp, training day, club's promotional event or training in other club) during preparation period
- At least one assistant instructor experience in trainings during preparation period



Blue belt, 4th Gup

Hand techniques

- Niunja sogi kaunde dung sonkal bakuro makgi
- Dwitbal sogi sonbadak ollyo makgi
- Gonnun sogi nopunde wi palkup taerigi
- Gonnun sogi nopunde sang joomuk sewo jirugi
- Gonnun sogi najunde dwijibo joomuk jirugi
- Gonnun sogi nopunde kyocha joomuk chookyo makgi
- Nachuo sogi najunde sonbadak noollo makgi
- Moa sogi kaunde giokja jirugi
- Gojung sogi digutja makgi

Foot techniques (najunde, kaunde ja nopunde)

- Bandae dollyo chagi
- Bandae dollyo goro chagi
- All the kicks learned earlier to nopunde level
- Twimyo dwitchagi
- Twimyo naeryo chagi

Stances

- Dwitbal sogi
- Nachuo sogi

Pattern

- Joong-Gun

Self defence

- Self defence against direct and turning kicks
- Strangleholds in standing position

Power breaking

- Nopunde dung joomuk yop taerigi
- Ap palkup taerigi
- Nopunde yopcha jirugi
- Twimyo dollyo chagi

Theory

- Theory of Joong-Gun
- Finnish law of self defence (Hätävarjelulaki), wide level
- Vocabulary of the grade
- Personal history of Choi Hong Hi, wide level



Other requirements

- Concept of slow motion and adapting in technique training
- At least one event outside club (competition or camp) during preparation period
- At least one assistant instructor experience in trainings during preparation period



Blue belt with red stripe, 3rd Gup

Hand techniques

- Gonnun sogi najunde dwijibo sonkut tulgi
- Moa sogi dung joomuk yopdwi taerigi
- Moa sogi sang yop palkup tulgi
- Annun sogi bakat palmok san makgi
- Gonnun sogi mori japgi
- Gonnun sogi nopunge opun sonkut tulgi
- Niunja sogi dung joomuk yopdwi taerigi
- Niunja sogi najunde doo palmok miro makgi
- Niunja sogi najunde palmok daebi makgi
- Niunja sogi najunde sonkal daebi makgi

Foot techniques

- Moorup ollyo chagi
- Twimyo goro chagi

Pattern

- Toi-Gye

Self defence

- Strangleholds on the ground

Power breaking

- Nopunde dollyo chagi
- Naeryo chagi
- Twimyo nomo yopcha jirugi

Theory

- Theory of Toi-Gye
- Vocabulary of the grade

Other requirements

- Concept of bapgi and adapting in technique training
- At least one event outside club (competition or camp) during preparation period
- At least one assistant instructor experience in trainings during preparation period
- At least one fully or partly alone conducted training session in club during preparation period



Red belt, 2nd Gup

Hand techniques

- Annun sogi kaunde sonbadak miro makgi
- Niunja so ollyo jirugi
- Soo jik sogi sonkal naeryo taerigi
- Niunja sogi yop palkup tulgi
- Moa sogi an palmok nopunde makgi

Foot techniques

- Bandae dollyo goro chagi
- Twimyo bandae dollyo chagi

Stance

- Soo jik sogi

Pattern

- Hwa-Rang

Sparring

- Low kicks
- Taking opponent to the ground mid-sparring
- Two opponents

Self defence

- Weapon threats (knife/stick)

Power breaking

- Nopunde goro chagi
- Nopunde bandae dollyo chagi
- Twimyo bandae dollyo chagi

Theory

- Theory of Hwa-Rang
- Vocabulary of the grade
- History of Korea, main events



Other requirements

- Concept of migulgi and adapting it in technique training
- Different steppings and other forms and directions of movement
- At least one event outside the club (competition or camp) during preparation period
- At least five training sessions conducted fully or partly alone



Red belt with black stripe, 1st Gup

Hand techniques

- Gonnun sogi nopunde sonkal ap taerigi
- Gonnun sogi nopunde sonkal dung ap taerigi
- Annun sogi bakat palmok ap makgi
- Niunja sogi kaunde kyocha sonkal momchau makgi
- Gonnun sogi sang sonbadak ollyo makgi

Foot techniques

- Twimyo tora yopcha jirugi

Pattern

- Choong-Moo

Self defence

- Moving knife
- Waepun threats (pistol)

Power breaking

- Twimyo nomo yopchagi, barrier at minimum belt level
- Twimyo sonkal bakuro taerigi
- Sonkal dung taerigi
- Sonkal naeryo taerigi
- Moorup ollyo chagi
- Nopi chagi

Theory

- Theory of Choong-Moo
- Vocabulary of the grade

Muuta

- Weekly instructor or assistant instructor experience (minimum one season)
- TOK 1 course
- At least one event outside club (competition or camp) during preparation period
- At least one competition experience during Taekwon-Do training