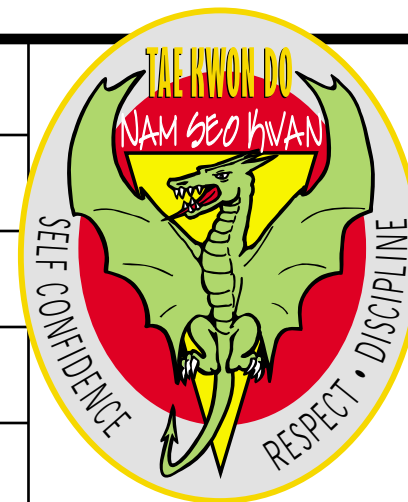


BEGINNING

INTERMEDIATE

ADVANCED

	Requirements for this COLOR	Minimum time to rank	BLOCKS / FORMS	STANCES / COMBOS / ONE - STEPS	KICKS	SELF-DEFENSE / BOARD BREAKS
9	YELLOW	6 lessons (1 month)	9-step Block (Ahop Palchak Marki)	Horse Stance Punching	Front Snap Kick Side Snap Kick	Prearranged escapes from Front choke Wrist grab Hair grab
	YELLOW WITH ORANGE STRIPE	6 lessons (1 month)	First 8 steps of "Chunji" Harden / Chukyo Marki	Backfist-Punch Combo Backfist-Ridgehand Combo	Back Leg Roundhouse Back Kick	Rear forearm choke Bear hug
	ORANGE	6 lessons (1 month)	All of "Chunji" Arb Cheegi / Yop Marki	C-punch Combo	Double Jump Front Front Leg Roundhouse	Rear Shoulder Grab Two Pressure Points
8	ORANGE WITH PURPLE STRIPE	6 lessons (1 month)	First 8 steps of "Tangun" Soodo Marki	One-Step Attack Sequence	Low-High Roundhouse	Front Lapel Grab Front Bear hug
	PURPLE	6 lessons (1 month)	All of "Tangun"	One-Step # 1	Crescent Kick Hooking Heel	Front Choke alternates Rear Hair grab
	PURPLE WITH GREEN STRIPE	12 lessons (2 mnths)	First 8 steps of "Toesan"	One-Step # 2	Turning Back Kick	Full Nelson Arm bar
7	GREEN	12 lessons (2 mnths)	All of "Toesan"	One-Step # 3 & 4	Turning Heel Kick	Head Lock Back on Floor
	GREEN WITH BLUE STRIPE	18 lessons (3 mnths)	8 steps of "Won Hyo"	One-Step # 5 & 6	Reverse Crescent	Front Shove Ground Fighting
	BLUE	18 lessons (3 mnths)	All of "Won Hyo"	6 prearranged plus 2 additional Free-Style One-Steps	Turn Reverse Crescent	One Board Hammerfist
6	BLUE WITH BROWN STRIPE	24 lessons (4 mnths)	"Yul Gook"	6 Free-Style One-Steps	Elevated Side & Round	One Board Side Kick
	BROWN (3 white stripes)	36 lessons (6 mnths)	"Chun Guen"	8 Free-Style One-Steps including 2 takedowns	Elevated Turn Jump Turn	2 Boards Your Choice
	BROWN (2 white stripes)	36 lessons (6 mnths)	"Ti Gye" "Hwa Rang"	10 Free-Style One-Steps Also 2 Three-Steps	Kicking Combinations	2 Boards
5	BROWN with BLACK Stripe	On recommendation (6 mo.min.)	"Chug Mu" "Chul Gi"	10 Free-Style One-Steps Also 4 Three-Steps	Kicking Combinations	2 / 1 Dual Break Three Opponent Sparring Knife Defense Written Test
	BLACK with one white stripe	On recommendation (6 mo.min.) 3 1/2 yr total min.	"Kwang Gye" "Basai"	10 Free-Style One-Steps Also 4 Three-Steps	Kicking Combinations	2 / 2 / 1 Triple Break Adv.Stick & Knife Defense Visit 4 other A-KaTo instructors At least 3 brown belt tournaments 4 Opponent Sparring Written Test



Nam Seo Kwan
Tae Kwon Do is a
recognised system from the
American Karate and
Tae Kwon Do Organization

