

DRAGON GYM

COLOR BELT LEVEL 1 TESTING CHART

Quality	Skill	White	Orange	Yellow
Form	Poomsae	Demonstrate with count Il Jang	Demonstrate from memory without Count Ee Jang	Demonstrate with eyes closed and any direction. Sahm Jang
	Traditional Hand Techs: (H1) High, Middle, Low Block Punch, Back Fist, Knife Hands Strike	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K1) Front Inside Outside Round Side	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and reverse jumping (bondai) version
Falling	Take Downs: Tumbling at All Levels #1- Arm Inside Outer Reap #2- Arm Outside Outer Reap	Demonstrate from Strong Side 1,2	Demonstrate from Weak Side 1,2	Demonstrate from Both Sides 1,2
Fighting	HSS/SCAT 1-6 1-3	1,2 1	3,4 2	5,6 3
	Sparring Sets	1,2,3	4,5,6	7,8,9
	Sparring			
Flexibility				
Strength	Breaking	Front Kick	Side Kick	Round Kick

DRAGON GYM

COLOR BELT LEVEL 2 TESTING CHART

Quality	Skill	Green	Purple	Blue
Form	Poomsae	Demonstrate with count Sah Jang	Demonstrate from memory without Count Sah Jang	Demonstrate with eyes closed and any direction. Oh Jang
	Traditional Hand Techs: (H2) Double Knife Blocks C-Block Spear Hand Strike, Ridge Hand Strike, Elbow Strike	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K2) 1. Back Kick 2. Back Hook Kick	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and 180° jumping version
Falling	Take Downs: #3- Arm High Back Trip #4 - Arm Low Back Trip	Demonstrate from Strong Side 1-4	Demonstrate from Weak Side 1-4	Demonstrate from Both Sides 1-4
Fighting	HSS/SCAT	7,8 4	9,10 5	11,12 6
	Sparring Sets	10,11,12	13,14,15	16,17,18
	Sparring			
Flexibility				
Strength	Breaking	Back Kick	Back Hook Kick	Jumping Back Kick or Jumping Back Hook Kick

DRAGON GYM

COLOR BELT LEVEL 3 TESTING CHART

Quality	Skill	Brown	Red	Black Belt Candidate (IDB)
Form	Poomsae	Demonstrate with count Independent Yook Jang	Demonstrate from memory without Count Chil Jang	Demonstrate with eyes closed and any direction. Pal Jang
	Traditional Hand Techs: (H3) High X Block, Low X Block	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K3) 1. Double Front 2. Double Round 3. 360 Back 4. 360 Back Hook 5. Narabam/Tornado	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and reverse jumping (bondai) version
Falling	Take Downs: #5 Arm Outside Hip Throw #6 Arm Inside Hip Throw	Demonstrate from Strong Side 1-6	Demonstrate from Weak Side 1-6	Demonstrate from Both Sides 1-6
Fighting	HSS/SCAT	13,14 7	15,16 8	17,18,19,20 9,10
	Sparring Sets	19,21,21	22,23,24	25,26,27
	Sparring			
Flexibility				
Strength	Breaking	180 Back Kick	180 Back Hook Kick	Narabam/Tornado or Fly Side

DRAGON GYM

1st Dan Black Belt to 2nd Dan Black Belt Testing Requirements

DRAGON GYM

1^o to 2^o LEVEL 1 TESTING CHART

Quality	Skill	White	Orange	Yellow
Form	Poomsae	Koryo	Chon Ji	Dan Gun
All Blocks are to be done with "advanced" timing	Traditional Hand Techs: (H1) High, Middle, Low Block Punch, Back Fist, Knife Hands Strike	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K1) Front Inside Outside Round Side	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and reverse jumping (bondai) version
Falling	Take Downs: Tumbling at All Levels #1- Arm Inside Outer Reap #2- Arm Outside Outer Reap	Demonstrate from Strong Side with 3 Steps 1,2	Demonstrate from Weak Side 1,2 with 3 Steps	Demonstrate from Both Sides 1,2 with 3 Steps
Fighting	HSS/SCAT	21,22 1abcd, 11	23,24 2abcd, 12	25,26 3abcd, 13
	Gumdo	Kebon (solo) Preempt Right Hit Crown	Kebon (w/ partner) Preempt Right Hit Crown	Kebon (any direction) Preempt Right Hit Crown
	Sparring Sets	1,2,3	4,5,6	7,8,9
	Sparring			
Flexibility				
Strength	Breaking 2 boards	Front Kick	Side Kick	Round Kick

DRAGON GYM

1^o to 2^o LEVEL 2 TESTING CHART

Quality	Skill	Green	Purple	Blue
Form	Poomsae	Koryo	Do San	Won Hyo
All Blocks are to be done with "advanced" timing	Traditional Hand Techs: (H2) Double Knife Blocks C-Block Spear Hand Strike, Ridge Hand Strike, Elbow Strike	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K2) 1. Back Kick 2. Back Hook Kick	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and 180° jumping version
Falling	Take Downs: #3- Arm High Back Trip #4 - Arm Low Back Trip	Demonstrate from Strong Side 1-4 with 3 Steps	Demonstrate from Weak Side 1-4 with 3 Steps	Demonstrate from Both Sides 1-4 with 3 Steps
Fighting	HSS/SCAT	27,28 4abcd, 14	29,30 5abcd, 15	31,32 6abcd, 16
	Gumdo	Hanna (solo)	Hanna (w/partner)	Hanna (any direction)
	Sparring Sets	10,11,12	13,14,15	16,17,18
	Free Sparring			
Flexibility				
Strength	Breaking 2-Boards	Back Kick	Back Hook Kick	Jumping Back Kick or Jumping Back Hook Kick

DRAGON GYM

1^o to 2^o LEVEL 3 TESTING CHART

Quality	Skill	Brown	Red	2 nd Dan Candidate (EDB)
Form	Poomsae	Yul Gok	Choon Gun	Keum Gang
All Blocks are to be done with "advanced" timing	Traditional Hand Techs: (H3) High X Block, Low X Block	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K3) 1. Double Front 2. Double Round 3. 360 Back 4. 360 Back Hook 5. Narabam/Tornado	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and reverse jumping (bondai) version
Falling	Take Downs: #5 Arm Outside Hip Throw #6 Arm Inside Hip Throw	Demonstrate from Strong Side with 3 Steps 1-6	Demonstrate from Weak Side with 3 Steps 1-6	Demonstrate from Both Sides with 3 Steps 1-6
Fighting	HSS/SCAT	33,34 7abcd, 17	35,36 8abcd, 18	37-40 9,10abcd, 19,20
	Gumdo	Duel (solo)	Duel (w/partner)	Duel(any Direction)
	Sparring Sets	19,21,21	22,23,24	25,26,27
	Sparring			
Flexibility				
Strength	Breaking 2 Boards	180 Back Kick	180 Back Hook Kick	Narabam/Tornado or Fly Side

DRAGON GYM

2nd Dan Black Belt to 3rd Dan Black Belt Testing Requirements

DRAGON GYM

2^o to 3^o LEVEL 1 TESTING CHART

Quality	Skill	White	Orange	Yellow
Form	Poomsae	Tae Baek	Chul Gi Il Dan	Toi Gye
All Blocks are to be done with "advanced" timing	Traditional Hand Techs: (H1) High, Middle, Low Block Punch, Back Fist, Knife Hands Strike	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K1) Front Inside Outside Round Side	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and reverse jumping (bondai) version
Falling	Take Downs: Tumbling at All Levels	1 to 6 Combo	2 to 3 combo	1 to 4 combo
Fighting	HAPKIDO/SCAT (w/ double attack)	1, 2 1abcd, 11	3,4 2abcd, 12	5,6 3abcd, 13
	Gohapdo (wood)	1	2	3
	Sparring Sets	1,2,3	4,5,6	7,8,9
	Sparring			
Flexibility				
Strength	Breaking 3 boards	Front Kick	Side Kick	Round Kick

DRAGON GYM

2^o to 3^o LEVEL 2 TESTING CHART

Quality	Skill	Green	Purple	Blue
Form	Poomsae	Tae Baek	Hwarang	Chul Gi Il Dan
All Blocks are to be done with "advanced" timing	Traditional Hand Techs: (H2) Double Knife Blocks C-Block Spear Hand Strike, Ridge Hand Strike, Elbow Strike	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K2) 1. Back Kick 2. Back Hook Kick	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and 180° jumping version
Falling	Take Downs:	6 to 4 combo	3 to 6 combo	4 to 6 combo
Fighting	HAPKIDO/SCAT (w/ double attack)	7,8 4abcd, 14	9,10 5abcd, 15	11,12 6abcd, 16
	Go Hap Do (wood)	4	5	6
	Sparring Sets	10,11,12	13,14,15	16,17,18
	Free Sparring			
Flexibility				
Strength	Breaking 3-Boards	Back Kick	Back Hook Kick	Jumping Back Kick or Jumping Back Hook Kick

DRAGON GYM

2^o to 3^o LEVEL 3 TESTING CHART

Quality	Skill	Brown	Red	3 rd Dan Candidate (Sahm DB)
Form	Poomsae	Tae Baek	Choong Moo	Chul Gi Il Dan
All Blocks are to be done with "advanced" timing	Traditional Hand Techs: (H3) High X Block, Low X Block	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K3) 1. Double Front 2. Double Round 3. 360 Back 4. 360 Back Hook 5. Narabam/Tornado	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and reverse jumping (bondai) version
Falling	Take Downs:	5 to 4 combo	6 to 1 combo	6 to 3 combo
Fighting	HAPKIDO/SCAT (w/ double attack)	13,14 7abcd, 17	15,16 8abcd, 18	17,18,19,20 9,10abcd, 19,20
	Gohapdo (wood)	7	8	9,10
	Sparring Sets	19,21,21	22,23,24	25,26,27
	Sparring			
Flexibility				
Strength	Breaking 3 Boards	180 Back Kick	180 Back Hook Kick	Narabam/Tornado or Fly Side

DRAGON GYM

3rd Dan Black Belt to 4th Dan Black Belt Testing Requirements

DRAGON GYM

3^o to 4^o LEVEL 1 TESTING CHART

Quality	Skill	White	Orange	Yellow
Form	Poomsae	Pyong Won	Chul Gi Ee Dan	Kwang Gae
All Blocks are to be done with "advanced" timing	Traditional Hand Techs: (H1) High, Middle, Low Block Punch, Back Fist, Knife Hands Strike	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K1) Front Inside Outside Round Side	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and reverse jumping (bondai) version
Falling	Take Downs: Tumbling at All Levels	Scat 1 with all Takedowns	Scat 2 with all takedowns	Scat 3 with all takedowns
Fighting	HAPKIDO/SCAT (w/double attack)	Low Sleeve 1, 2,3 1abcd, 11	Low Sleeve 4,5 2abcd, 12	Mid Sleeve 1,2 3abcd, 13
	Gohapdo (metal)	1	2	3
	Sparring Sets	1,2,3	4,5,6	7,8,9
	One Step Sparring	1	2	3
Flexibility				
Strength	Breaking 4 boards	Front Kick	Side Kick	Round Kick

DRAGON GYM

3^o to 4^o LEVEL 2 TESTING CHART

Quality	Skill	Green	Purple	Blue
Form	Poomsae	Pyong Won	Chul Gi Ee Dan	Po Eun
All Blocks are to be done with "advanced" timing	Traditional Hand Techs: (H2) Double Knife Blocks C-Block Spear Hand Strike, Ridge Hand Strike, Elbow Strike	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K2) 1. Back Kick 2. Back Hook Kick	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and 180° jumping version
Falling	Take Downs:	Scat 4 with all takedowns	Scat 5 with all takedowns	Scat 6 with all takedowns
Fighting	HAPKIDO/SCAT (w/double attack)	Mid Sleeve 3,4,5 4abcd, 14	High Sleeve/Collar 1,2 5abcd, 15	High Sleeve Collar 3,4,5 6abcd, 16
	Go Hap Do (metal)	4	5	6
	Sparring Sets	10,11,12	13,14,15	16,17,18
	One Step Sparring	4	5	6
Flexibility				
Strength	Breaking 4-Boards	Back Kick	Back Hook Kick	Jumping Back Kick or Jumping Back Hook Kick

DRAGON GYM

3^o to 4^o LEVEL 3 TESTING CHART

Quality	Skill	Brown	Red	4th Dan Candidate (Sah DB)
Form	Poomsae	Sip Jin	Chul Gi Ee Dan	Kae Baek
All Blocks are to be done with "advanced" timing	Traditional Hand Techs: (H3) High X Block, Low X Block	Demonstrate from Riding horse Stance	Demonstrate with locomotion in front stance and/or back stance	Demonstrate with locomotion in front stance and/or back stance with 3 technique combinations
	Kicks: (K3) 1. Double Front 2. Double Round 3. 360 Back 4. 360 Back Hook 5. Narabam/Tornado	Demonstrate from sparring stance and with locomotion	Demonstrate skipping/jumping version	Demonstrate regular version with backwards locomotion and reverse jumping (bondai) version
Falling	Take Downs:	Scat 7 with all takedowns	Scat 8 with all takedowns	Scat 9,10 with all takedowns
Fighting	HAPKIDO/SCAT (w/double attack)	Lapel 1,2,3,4,5 7abcd, 17	Sleeve, Collar, Lapel Combos 8abcd, 18	Sleeve, Collar, Lapel Combos 9,10abcd, 19,20
	Gohapdo (metal)	7	8	9,10
	Sparring Sets	19,21,21	22,23,24	25,26,27
	One Step Sparring	7	8	9,10
Flexibility				
Strength	Breaking 4 Boards	180 Back Kick	180 Back Hook Kick	Narabam/Tornado or Fly Side

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Appendix A

Sparring Sets

1. Parry, Parry, Jab, Cross
2. Front, Round, Back Slide, Round
3. Round, Round, Back Slide Round

4. Parry, Parry, Cover, Jab, Cross, Hook
5. Round, Back Slide, Round, Round
6. Fast Kick, Back Slide, Round, Round

7. Parry, Parry, Cover, Cover, Jab, Cross, Hook, Uppercut
8. Check, Fast Kick, Round Kick, back Slide, Round Kick
9. Round Kick, Axe kick, Back Slide, Round Kick

10. Cover, Parry, Parry, Lead Leg Round, Cross, Jab
11. Cut Kick, Round Kick, Back Slide, Back Kick
12. Cut Kick, Back Kick, Back Slide, Round Kick

13. Cover, Parry, Parry, Rear Leg Round, Jab, Cross
14. Back Slide, Back Kick, Round Kick, Round Kick
15. Fast Kick, Back Slide, Back Hook Kick

16. Parry, Parry, Cover, Cover, Jab, Cross, Hook, Rear-Round Kick
17. Check, Fast Kick, Back Slide, Double Kick
18. Check, Fast Double, Back Slide Round Kick

19. Parry, Parry, Cover, Jab, Cross, Lead Leg Round Kick
20. Check, Counter Back Kick, Triangle Step, Round Kick
21. Fast Kick, back Kick, Triangle Step, Round Kick

22. Parry, Cover, Parry, Cover, Lead Straight, Lead Round, Cross, Rear Round
23. Check, Double, Counter Back Kick, Double
24. Fast Kick, Back Slide, Double Kick, Back Slide, Back Kick, Round Kick

25. Parry, Cover, Parry, Cover, Lead Straight, Lead Round, Cross, Rear Round
26. Check, Double, Counter Back Kick, Double
27. Fast Kick, Back Slide, Double Kick, Back Slide, Back Kick, Round Kick

DRAGON GYM

Appendix B

Gumdo

Kebon --

Move Forward:

Crown, Temple, Temple, Temple, Temple.

Move Backward:

Temple, Temple, Temple, Temple.

(also associated Defense)

Hanna –

Move Forward:

Crown, Their left Temple, Their Right Torso, spin through lock wise

Crown, Their right temple, their left torso, spin through counter-clock wise

Temple, Temple, Temple, Temple.

(also associated Defense)

Duel –

Move Forward:

Crown, Their left Temple, Their Right Torso, spin through lock wise

Crown, Their right temple, their left torso, spin through counter-clock wise

Evade their crown strike to the right, attack wrist, lock-up, push off

Temple, Temple, Temple, Temple.

Evade their crown strike to the left, attack wrist, lock-up, push off

Temple, temple, temple, temple

(also associated Defense)

DRAGON GYM

White to Orange Requirements

1. Poomsae
 - a. Il Jang
2. Hand Techniques → Stationary, From Riding Horse Stance
 - a. High Block
 - b. Inside Block
 - c. Low Block
 - d. Middle Punch
 - e. Back Fist Strike
 - f. Knife Hand Strike
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. Front Kick
 - b. Inside Kick
 - c. Outside Kick
 - d. Roundhouse Kick
 - e. Side Kick
4. Falling Techniques
 - a. Forward Tumbling from knees
 - b. Backward and sideways break falling
 - c. Takedowns #1 and 2 from strong side
5. Fighting Techniques
 - a. SCAT #1
 - b. Hoshinsul #1 and 2
 - c. Sparring Sets: 1, 2 and 3
 - d. Free Sparring
 - i. Light Contact
 - ii. No Head Contact
6. Breaking – Front Kick

DRAGON GYM

Orange to Yellow Requirements

1. Poomsae
 - a. Ee Jang
2. Hand Techniques → Moving Forward and Backward in Proper Stances
 - a. High Block
 - b. Inside Block
 - c. Low Block
 - d. Middle Punch
 - e. Back Fist Strike
 - f. Knife Hand Strike
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. Skipping / Jumping Front Kick
 - b. Skipping / Jumping Inside Kick
 - c. Skipping / Jumping Outside Kick
 - d. Skipping / Jumping Roundhouse Kick
 - e. Skipping / Jumping Side Kick
4. Falling Techniques
 - a. Forward Tumbling from Standing
 - b. Forward, Backward and sideways break falling
 - c. Takedowns #1 and 2 from weak side
5. Fighting Techniques
 - a. SCAT #2
 - b. Hoshinsul #3 and 4
 - c. Sparring Sets: 4, 5 and 6
 - d. Free Sparring
 - i. Light Contact
 - ii. No Head Contact
6. Breaking – Side Kick

DRAGON GYM

Yellow to Green Requirements

1. Poomsae
 - a. Sahm Jang
2. Hand Techniques → Moving Forward and Backward in Proper Stances and 3 technique combinations per step
 - a. High Block
 - b. Inside Block
 - c. Low Block
 - d. Middle Punch
 - e. Back Fist Strike
 - f. Knife Hand Strike
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. Back foot Slide and Reverse Jumping Front Kick
 - b. Back foot Slide and Reverse Jumping Inside Kick
 - c. Back foot Slide and Reverse Jumping Outside Kick
 - d. Back foot Slide and Reverse Jumping Roundhouse Kick
 - e. Back foot Slide and Reverse Jumping Side Kick
4. Falling Techniques
 - a. Forward Tumbling from Standing
 - b. Forward, Backward and sideways break falling
 - c. Takedowns #1 and 2 from both sides
5. Fighting Techniques
 - a. SCAT #3
 - b. Hoshinsul #5 and 6
 - c. Sparring Sets: 7, 8 and 9
 - d. Free Sparring
 - i. Light Contact
 - ii. No Head Contact
6. Breaking – Roundhouse Kick

DRAGON GYM

Green to Purple Requirements

1. Poomsae
 - a. Sah Jang
2. Hand Techniques → Demonstrate from Riding Horse Stance
 - a. Double Knife Hand Block
 - b. Double Low Knife Hand Block
 - c. C Block
 - d. Spear Hand Strike
 - e. Ridge Hand Strike
 - f. Elbow Strike
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. Back Thrust Kick
 - b. Back Hook Kick
4. Falling Techniques
 - a. Forward Tumbling and Backward Tumbling
 - b. Forward, Backward and sideways break falling
 - c. Takedowns #3 and 4 from strong side
5. Fighting Techniques
 - a. SCAT #4
 - b. Hoshinsul #7 and 8
 - c. Sparring Sets: 10,11,12
 - d. Free Sparring
 - i. Medium Body Contact
 - ii. Light Head Contact
6. Breaking – Back Thrust Kick

DRAGON GYM

Purple to Blue Requirements

1. Poomsae
 - a. Sah Jang
2. Hand Techniques → Demonstrate moving forward and backward in proper stances
 - a. Double Knife Hand Block
 - b. Double Low Knife Hand Block
 - c. C Block
 - d. Spear Hand Strike
 - e. Ridge Hand Strike
 - f. Elbow Strike
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. Jumping Back Thrust Kick
 - b. Jumping Back Hook Kick
4. Falling Techniques
 - a. Forward Tumbling and Backward Tumbling
 - b. Forward, Backward and sideways break falling
 - c. Takedowns #3 and 4 from weak side
5. Fighting Techniques
 - a. SCAT #5
 - b. Hoshinsul #9 and 10
 - c. Sparring Sets: 13,14,15
 - d. Free Sparring
 - i. Medium Body Contact
 - ii. Light Head Contact
6. Breaking – Back Hook Kick

DRAGON GYM

Blue to Brown Requirements

1. Poomsae
 - a. Oh Jang
2. Hand Techniques → Demonstrate moving forward and backward in proper stances with 3-technique combinations
 - a. Double Knife Hand Block
 - b. Double Low Knife Hand Block
 - c. C Block
 - d. Spear Hand Strike
 - e. Ridge Hand Strike
 - f. Elbow Strike
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. 180 Jumping Back Thrust Kick
 - b. 180 Jumping Back Hook Kick
4. Falling Techniques
 - a. Forward Tumbling and Backward Tumbling
 - b. Forward, Backward and sideways break falling
 - c. Takedowns #3 and 4 from both sides
5. Fighting Techniques
 - a. SCAT #6
 - b. Hoshinsul #11 and 12
 - c. Sparring Sets: 16,17,18
 - d. Free Sparring
 - i. Medium Body Contact
 - ii. Light Head Contact
6. Breaking – Jumping Back thrust kick or Jumping Back Hook Kick

DRAGON GYM

Brown to Red Requirements

1. Poomsae
 - a. Yook Jang
2. Hand Techniques → Demonstrate from Riding Horse Stance
 - a. High X Block
 - b. Low X Block
 - c. Scissor Block
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. Double Front Kick
 - b. Double Round Kick
 - c. 360 Back Thrust Kick
 - d. 360 Back Hook Kick
 - e. Narabam / Tornado Kick
4. Falling Techniques
 - a. Forward Tumbling and Backward Tumbling
 - b. Forward, Backward and sideways break falling
 - c. Takedowns #5 and 6 from strong side
5. Fighting Techniques
 - a. SCAT #7
 - b. Hoshinsul #13 and 14
 - c. Sparring Sets: 19,20,21
 - d. Free Sparring
 - i. Medium Body Contact
 - ii. Medium Head Contact
 - iii. Attacking the leg is allowed
6. Breaking – 180 Jumping Back Thrust Kick

DRAGON GYM

Red to Il Dan Bo Requirements

1. Poomsae
 - a. Chil Jang
2. Hand Techniques → Demonstrate moving forward and backward in proper stance
 - a. High X Block
 - b. Low X Block
 - c. Scissor Block
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. Skipping Double Front Kick
 - b. Skipping Double Round Kick
 - c. Skipping Side into 360 Back Thrust Kick
 - d. Skipping Round into 360 Back Hook Kick
 - e. Skipping Round Into Narabam / Tornado Kick
4. Falling Techniques
 - a. Forward Tumbling and Backward Tumbling
 - b. Forward, Backward and sideways break falling
 - c. Takedowns #5 and 6 from weak side
5. Fighting Techniques
 - a. SCAT #8
 - b. Hoshinsul #15 and 16
 - c. Sparring Sets: 22,23,24
 - d. Free Sparring
 - i. Medium Body Contact
 - ii. Medium Head Contact
 - iii. Attacking the legs is allowed
6. Breaking – 180 Jumping Back Hook Kick

DRAGON GYM

II Dan Bo to II Dan Bo Stripe Requirements

1. Poomsae
 - a. Pal Jang
2. Hand Techniques → Demonstrate moving forward and backward in proper stance and with 3 technique combinations
 - a. High X Block
 - b. Low X Block
 - c. Scissor Block
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. Back foot Slide Double Front Kick
 - b. Back foot slide Double Round Kick
 - c. Flying Side into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Double Round Into Narabam / Tornado Kick
4. Falling Techniques
 - a. Forward Tumbling and Backward Tumbling
 - b. Forward, Backward and sideways break falling
 - c. Takedowns #5 and 6 from Both Sides
5. Fighting Techniques
 - a. SCAT #9
 - b. Hoshinsul #17 and 18
 - c. Sparring Sets: 25,26,27
 - d. Free Sparring
 - i. Medium Body Contact
 - ii. Medium Head Contact
 - iii. Attacking the legs is allowed
 - iv. Catching Kicks is allowed
6. Breaking – Narabam and Flying Side Kick

DRAGON GYM



II Dan Bo Stripe to Black Belt Requirements

1. Poomsae
 - a. 1-8 Jang
2. Hand Techniques → Demonstrate moving forward and backward in proper stance and with 3 technique combinations
 - a. All
3. Kicking Techniques → From Sparring Stance and in line drill format
 - a. Front-Side-Round-Back
 - b. Skipping Front-Skipping Round—Skipping Side
 - c. 360 Back Thrust Kick
 - d. 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick
4. Falling Techniques
 - a. Forward Tumbling and Backward Tumbling
 - b. Forward, Backward and sideways break falling
 - c. Takedowns #1 through #6 from Both Sides
5. Fighting Techniques
 - a. SCAT #1-10
 - b. Hoshinsul #1-20
 - c. Sparring Sets: All
 - d. Free Sparring
 - i. Medium Body Contact
 - ii. Medium Head Contact
 - iii. Attacking the legs is allowed
 - iv. Catching Kicks is allowed
 - v. Simple Takedowns allowed
6. Breaking – 5 Direction Break

DRAGON GYM

1st DAN BLACK BELT REQUIREMENTS START HERE:

White Stripe to Orange Stripe Requirements

1. Poomsae (Must review all previous)
 - a. Koryo
2. Hand Techniques
 - a. Kebon Sohn Dong Chak
3. Kicking
 - a. Front-Side-Round-Back--BackHook
 - b. Skipping Front-Skipping Round—Skipping Side—Skipping Hook
 - c. Flying Side Into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick—Switch Tornado Kick
4. Takedowns
 - a. #1 and #2 against any punch or grab
5. HSS – 21,22
6. SCAT – 1a,b,c,d
7. Kumdo – Kibon Solo
8. Sparring Sets – 1,2,3
9. Free Sparring
 - a. Medium Body Contact
 - b. Medium Head Contact
 - c. Attacking the legs is allowed
 - d. Catching Kicks is allowed
 - e. Simple Takedowns allowed
10. Breaking – 2 Boards – Front Kick

DRAGON GYM

Orange Stripe to Yellow Stripe Requirements

1. Poomsae (Must review all previous)
 - a. Chon Ji
2. Hand Techniques
 - a. Kebon Sohn Dong Chak
3. Kicking
 - a. Front-Side-Round-Back--BackHook
 - b. Skipping Front-Skipping Round—Skipping Side—Skipping Hook
 - c. Flying Side Into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick—Switch Tornado Kick
4. Takedowns
 - a. #1 and #2 against any punch or grab
5. HSS – 23,24
6. SCAT – 2a,b,c,d
7. Kumdo – Kibon w/partner linear
8. Sparring Sets – 4,5,6
9. Free Sparring
 - a. Medium Body Contact
 - b. Medium Head Contact
 - c. Attacking the legs is allowed
 - d. Catching Kicks is allowed
 - e. Simple Takedowns allowed
10. Breaking – 2 Boards – Side Kick

DRAGON GYM

Yellow Stripe to Green Stripe Requirements

1. Poomsae (Must review all previous)
 - a. Dan Gun
2. Hand Techniques
 - a. Kebon Sohn Dong Chak
3. Kicking
 - a. Front-Side-Round-Back--BackHook
 - b. Skipping Front-Skipping Round—Skipping Side—Skipping Hook
 - c. Flying Side Into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick—Switch Tornado Kick
4. Takedowns
 - a. #1 and #2 against any punch or grab
5. HSS – 25,26
6. SCAT – 3a,b,c,d
7. Kumdo – Kibon w/partner non-linear
8. Sparring Sets – 7,8,9
9. Free Sparring
 - a. Medium Body Contact
 - b. Medium Head Contact
 - c. Attacking the legs is allowed
 - d. Catching Kicks is allowed
 - e. Simple Takedowns allowed
10. Breaking – 2 Boards – Roundhouse Kick

DRAGON GYM

Green Stripe to Purple Stripe Requirements

1. Poomsae (Must review all previous)
 - a. Koryo
2. Hand Techniques
 - a. 25 Bong O Sohn Dong Chak
3. Kicking
 - a. Front-Side-Round-Back--BackHook
 - b. Skipping Front-Skipping Round—Skipping Side—Skipping Hook
 - c. Flying Side Into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick—Switch Tornado Kick
4. Takedowns
 - a. #3 and #4 against any punch or grab
5. HSS - 27,28
6. SCAT - 4a,b,c,d
7. Kumdo - #1
8. Sparring Sets - 10,11,12
9. Free Sparring
 - a. Medium Body Contact
 - b. Medium Head Contact
 - c. Attacking the legs is allowed
 - d. Catching Kicks is allowed
 - e. Simple Takedowns allowed
10. Breaking - 2 Boards - Back Thrust Kick

DRAGON GYM

Purple Stripe to Blue Stripe Requirements

1. Poomsae (Must review all previous)
 - a. Do San
2. Hand Techniques
 - a. 25 Bong O Sohn Dong Chak
3. Kicking
 - a. Front-Side-Round-Back--BackHook
 - b. Skipping Front-Skipping Round—Skipping Side—Skipping Hook
 - c. Flying Side Into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick—Switch Tornado Kick
4. Takedowns
 - a. #3 and #4 against any punch or grab
5. HSS – 29,30
6. SCAT – 5a,b,c,d
7. Kumdo – #1 w/partner Linear
8. Sparring Sets – 13,14,15
9. Free Sparring
 - a. Medium Body Contact
 - b. Medium Head Contact
 - c. Attacking the legs is allowed
 - d. Catching Kicks is allowed
 - e. Simple Takedowns allowed
10. Breaking – 2 Boards – Back Hook Kick

DRAGON GYM

Blue Stripe to Brown Stripe Requirements

1. Poomsae (Must review all previous)
 - a. Won Hyo
2. Hand Techniques
 - a. 25 Bong O Sohn Dong Chak
3. Kicking
 - a. Front-Side-Round-Back--BackHook
 - b. Skipping Front-Skipping Round—Skipping Side—Skipping Hook
 - c. Flying Side Into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick—Switch Tornado Kick
4. Takedowns
 - a. #3 and #4 against any punch or grab
5. HSS – 31,32
6. SCAT – 6a,b,c,d
7. Kumdo – #1 w/partner non-linear
8. Sparring Sets – 16,17,18
9. Free Sparring
 - a. Medium Body Contact
 - b. Medium Head Contact
 - c. Attacking the legs is allowed
 - d. Catching Kicks is allowed
 - e. Simple Takedowns allowed
10. Breaking – 2 Boards – Jumping Back or Jumping Back Hook Kick

DRAGON GYM

Brown Stripe to Red Stripe Requirements

1. Poomsae (Must review all previous)
 - a. Yul Gok
2. Hand Techniques
 - a. 45 Bong O Sohn Dong Chak
3. Kicking
 - a. Front-Side-Round-Back--BackHook
 - b. Skipping Front-Skipping Round—Skipping Side—Skipping Hook
 - c. Flying Side Into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick—Switch Tornado Kick
4. Takedowns
 - a. #5 and #6 against any punch or grab
5. HSS – 33,34
6. SCAT – 7a,b,c,d
7. Kumdo – #2
8. Sparring Sets – 19,20,21
9. Free Sparring
 - a. Medium Body Contact
 - b. Medium Head Contact
 - c. Attacking the legs is allowed
 - d. Catching Kicks is allowed
 - e. Simple Takedowns allowed
10. Breaking – 2 Boards – 180 Back Thrust Kick

DRAGON GYM

Red Stripe to Ee Dan Bo Requirements

1. Poomsae (Must review all previous)
 - a. Choon Goon
2. Hand Techniques
 - a. 45 Bong O Sohn Dong Chak
3. Kicking
 - a. Front-Side-Round-Back--BackHook
 - b. Skipping Front-Skipping Round—Skipping Side—Skipping Hook
 - c. Flying Side Into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick—Switch Tornado Kick
4. Takedowns
 - a. #5 and #6 against any punch or grab
5. HSS – 35,36
6. SCAT – 8a,b,c,d
7. Kumdo – #2 w/partner Linear
8. Sparring Sets – 22,23,24
9. Free Sparring
 - a. Medium Body Contact
 - b. Medium Head Contact
 - c. Attacking the legs is allowed
 - d. Catching Kicks is allowed
 - e. Simple Takedowns allowed
10. Breaking – 2 Boards – 180 Back Hook Kick

DRAGON GYM

Ee Dan Bo to Ee Dan Requirements

1. Poomsae (Must review all previous)
 - a. Keum Gang
2. Hand Techniques
 - a. 45 Bong O Sohn Dong Chak
3. Kicking
 - a. Front-Side-Round-Back--BackHook
 - b. Skipping Front-Skipping Round—Skipping Side—Skipping Hook
 - c. Flying Side Into 360 Back Thrust Kick
 - d. Flying Round into 360 Back Hook Kick
 - e. Inside Kick—Tornado Kick—Switch Tornado Kick
4. Takedowns
 - a. #5 and #6 against any punch or grab
5. HSS – 1-40
6. SCAT – 1-10 abcd
7. Kumdo – #2 w/partner non-linear
8. Sparring Sets –25,26,27
9. Free Sparring
 - a. Medium Body Contact
 - b. Medium Head Contact
 - c. Attacking the legs is allowed
 - d. Catching Kicks is allowed
 - e. Simple Takedowns allowed
10. Breaking – 2 Boards – Flying Side kick and Narabam