

Twin Dragons

Martial Arts & Fitness

929 Dougherty Rd.

Aiken, SC 29803

(803) 649-1673

Requirements to test for
Yellow Belt - 9th Gup

8-count Four Corner Blocks

Hand Combinations

Jab-cross with slide step forward

Jab- cross with slide step backward

Block-punch combinations with step

Kicks

Front Kick

Roundhouse Kick

Side Kick

Kick Combinations

Jab-cross-kick

Block-cross-kick

Forms: Dragon Form 1

Ho Sin Sool

Grab defenses 1 to 5

Forward roll

3 Areas of Concentration

Focus your eyes,

Focus your mind,

Focus your body, Sir!

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Requirements to test for Orange Belt - 8th Gup

- Hands
 - Center punch
 - Low block
 - High block
 - Inside-outside block
 - Outside-inside block

- Feet
 - Front kick
 - Roundhouse kick
 - Side kick
 - Front stance
 - Fighting stance
 - Horse riding stance

- Forms
 - Sae Kye Hyung Il Bu
 - Sae Kye Hyung E Bu

- Self-defense
 - Il Soo Sik hands 1 to 5
 - Il Soo Sik feet 1 to 5
 - Ho Sin Sool 1 to 5 (front grabs)

At orange belt, all students are required to join the World Tang Soo Do Association. This will allow the student to compete in Regional and World events and to maintain their belt rank if they must change dojangs. In addition to the regular testing fee, there will be a one-time membership fee. Please plan accordingly.

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Requirements to test for

Orange Belt with Stripe - 7th Gup

The student is responsible for and may be tested on all previously learned techniques and forms!

- Hands
 - Side punch
 - Side defense
 - Two fist low block
 - Two fist middle block
 - Two fist high block

- Feet
 - Stepping side kick
 - Basic jumping kicks
 - Ax kick

- Forms
 - Sae Kye Hyung Sam Bu

- Self-defense
 - Il Soo Sik hands 6 to 10
 - Il Soo Sik feet 6 to 10
 - Ho Sin Sool 1 to 5 (front grabs)

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Requirements to test for

Green Belt - 6th Gup

The student is responsible for and may be tested on all previously learned techniques and forms!

- Hands
 - Previously learned techniques in both front and fighting stances
 - Center knife hand block
 - Low knife hand block
 - 2 technique combinations

- Feet
 - Execute kick techniques from front or fighting stance with balance
 - Back kick
 - Spin back kick
 - Inside-outside crescent kick
 - Outside-inside crescent kick
 - Thrusting side kick
 - 2 technique combinations

- Forms
 - Pyung Ahn Cho Dan

- Self-defense
 - Il Soo Sik hands 6 to 10
 - Il Soo Sik feet 6 to 10
 - Ho Sin Sool 6 to 10 (rear grabs)

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Requirements to test for

Green Belt with Stripe - 5th Gup

The student is responsible for and may be tested on all previously learned techniques and forms!

- Hands
 - Two hands defense: high, middle, low
 - Spear hand attack
 - Yuk soo
 - Yuk jin

- Feet
 - All basic jumping kicks
 - Side hook kick
 - Wheel kick
 - Back spin crescent kick

- Forms
 - Pyung Ahn E Dan

- Self-defense
 - Il Soo Sik hands 11 to 15
 - Il Soo Sik feet 11 to 15
 - Ho Sin Sool 6 to 10 (rear grabs)

- Sparring
 - Free sparring one-on-one

- Breaking
 - One or two boards required (examiner's discretion) utilizing hand and/or kick techniques

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Requirements to test for

Brown Belt - 4th Gup

The student is responsible for and may be tested on all previously learned techniques and forms!

- Hands
 - Back fist
 - Hammer fist
 - Palm heel strikes
 - Soo Do Strikes (chops)
 - Yuk Soo Do Strikes (ridge hand)
- Feet
 - Cyclone kick
 - Dragon's tail
- Forms
 - Pyung Ahn Sam Dan
- Self-defense
 - One step hands 11 to 15
 - One step feet 11 to 15
 - Ho Sin Sool 11 to 15 (side grabs)
- Sparring
 - One on one demonstrating combinations and balance
- Weapons
 - Bong - figure 8 downs, hand-over-hand twirls, one hand figure 8
- Breaking
 - One or two boards required (examiner's discretion) utilizing hand and/or kick techniques

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Requirements to test for

Brown Belt with Stripe - 3rd Gup

The student is responsible for and may be tested on all previously learned techniques and forms!

- Hands
 - Spin Back fist
 - Spin Hammer first
 - Spin attack and pull back into fighting stance defense
- Feet
 - Reverse Front kick (Bit Cha Gi)
 - Cyclone kick following lead kick
 - Dragon's tail following lead kick
- Forms
 - Pyung Ahn Sa Dan
- Self-defense
 - One step hands 16 to 20
 - One step feet 16 to 20
 - Ho Sin Sool 11 to 15 (side grabs)
- Sparring
 - One-on-one demonstrating jump and/or spin techniques
- Breaking
 - One or two boards required (examiner's discretion) utilizing hand and/or kick techniques. Must display breaking in jumping action.
- Weapons
 - Bong - figure 8 ups, hand-over-hand twirls using either hand, one hand figure 8 switching hands

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Requirements to test for

Red Belt - 2nd Gup

The student is responsible for and may be tested on all previously learned techniques and forms!

- Hands
 - Multiple combinations

- Feet
 - Attack spin back kick
 - Spin Ax kick

- Forms
 - Pyung Ahn Oh Dan

- Self-defense
 - One step hands 16 to 20
 - One step feet 16 to 20
 - Ho Sin Sool 16 to 20 (two hand grabs)

- Sparring
 - One-on-one demonstrating jump and/or spin techniques, knowledge of “power zones”

- Weapons
 - Bong - Turning with blocks, thrusting strike

- Breaking
 - One or two boards required (examiner’s discretion) utilizing hand and/or kick techniques. Must display breaking in jumping action.

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Requirements to test for

Red Belt with Stripe - 1st Gup

The student is responsible for and may be tested on all previously learned techniques and forms!

- Hands
 - Multiple combinations

- Feet
 - Jumping back spin crescent kick
 - Jumping back spin ax kick
 - Double jumping kicks

- Forms
 - Bassai
 - Bong Hyung Il Bu

- Self-defense
 - One step hands 20 to 25
 - One step feet 20 to 25
 - Ho Sin Sool 20 to 25 (knife defenses))

- Sparring
 - One-on-one demonstrating jump and/or spin techniques and working knowledge of power zones

- Breaking
 - One or two boards required (examiner's discretion) utilizing hand and/or kick techniques. Must include speed breaking by hand or foot.

- Weapons
 - Bong - 360 degree turns with balance, technique, and proper stance

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Requirements to test for Cho Dan Bo - Blue Belt (Black Belt Candidate)

The student is responsible for and may be tested on all previously learned techniques and forms!

- **Hands**
Multiple combinations
- **Feet**
Multiple combinations
- **Forms**
Naihanchi Cho Dan
Bong Hyung E Bu
- **Self-defense**
One Step Hands 25 to 30
One Step Feet 25 to 30
Ho Sin Sool 25 to 30 (seated/ground defenses)
- **Sparring**
Two-on-one
- **Breaking**
Hand and kick combination multi-target breaking must be shown.
- **Weapons**
Multiple techniques and combinations.

All Cho Dan Bo (Blue Belts) must have at least 72 classes in before they are allowed to test for Black Belt. The test for Cho Dan Bo may include all previously learned material.

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Requirements to test for **Cho Dan - Black Belt**

The student is responsible for and may be tested on all previously learned techniques and forms!

- Hands
 - Multiple combinations
- Feet
 - Multiple combinations
- Forms
 - All previous form and Sip Soo
 - Bong Hyungs Il Bu and E Bu
- Self-defense
 - One Step Hands 1 to 30
 - One Step Feet 1 to 30
 - Ho Sin Sool 1 to 30
- Sparring
 - Two-on-one
- Breaking
 - Multiple target breaking
- Weapons
 - Multiple techniques and combinations