Freestyle TaeKwonDo: Lil' Dragons Ranking System

Rank	Stances, Travelling & Pattern	Blocking & Exercises	Kicking & Sparring Drills	Punching & Striking	Min. Time	Min. Age
Lil' Dragon	Attention & Ready Stances	Low Block	Front Kick	Straight Punch	N/A	4 Years
Yellow Stripe	Walking & Sitting Stances	Middle Block	Side Kick	Jab & Cross	N/A	
Orange Stripe	L Shape Stance	High Blocks	Inside Crescent Kick	Hook Punch	N/A	
Green Stripe	Sparring Stance	Rising Block	Outisde Crescent Kick	Backfist Strike	N/A	
Blue Stripe	Stepping	Inward Block	2 Kick Combo	Knifehand Strike	N/A	4.5 Years
Purple Stripe	Turning	Knifehand Blocks	Flow Drill no.1 on pads	2 Strike Combo	N/A	
Brown Stripe	Sliding/Slipping	Blocking whilst travelling	Flow Drill no.2 on pads	Striking whilst travelling	N/A	
Red Stripe	Ki Bon (mv1-6)	Saju Makgi	Flow Drill no.3 on pads	Saju Jirugi	N/A	

RANK ADVANCEMENT

New students aged 4 or 5 will enrol into the Lil' Dragons Programme. As they progress through the programme and can demonstrate the given material, they can promote in rank.
Although there is no minimum time needed at each rank, there will be Gradings available approximately every 8 weeks. Rank Skips are allowed at Instructors discretion.
Upon completion of the Programme, the student will promote to White Level 2.

Freestyle TaeKwonDo: Level Grade Ranking System

Rank	Pattern	Self Defence	Sparring	Breaking	Min. Time	Min. Age
White (Level 1)	All Lil' Dragon Requirements	All Lil' Dragon Requirements	All Lil' Dragon Requirements	N/A	10 weeks	
White (Level 2)	Ki Bon (14)	Evasive Movement	Flow Drills 1,2,3 with partner	N/A	10 weeks	5 Years
Grey (Level 1)	Chon Ji (mv1-8)	Single & Double Grab Releases	Flow Drills 4,5,6 on pads	N/A	10 weeks	
Grey (Level 2)	Chon Ji (19)	All Grab Releases	Flow Drills 4,5,6 with partner	N/A	10 weeks	
Yellow (Level 1)	Dan Gun (mv1-8)	Headlock or Bodylock Escapes	5x5 Concept	N/A	10 weeks	
Yellow (Level 2)	Dan Gun (21)	Headlock & Bodylock Escapes	5x5 & Combos or 2 rounds	N/A	10 weeks	
Orange (Level 1)	Do San (mv1-8)	1x Twisting Arm Bar	minimum 4 rounds	N/A	10 weeks	
Orange (Level 2)	Do San (24) + Ki Bon	2x Twisting Arm Bars	minimum 4 rounds	N/A	10 weeks	
Green (Level 1)	Won Hyo (mv1-12)	1x Straight Arm Bar	minimum 4 rounds	N/A	10 weeks	6 Years
Green (Level 2)	Won Hyo (28) + Chon Ji	2x Straight Arm Bars	minimum 4 rounds	N/A	10 weeks	
Blue (Level 1)	Yul Guk (mv1-21)	All Arms Bars	minimum 4 rounds	N/A	10 weeks	
Blue (Level 2)	Yul Guk (38) + Dan Gun	All Arms Bars	minimum 4 rounds	N/A	10 weeks	
Purple (Level 1)	Joong Gun (mv1-19)	Shoulder or Wrist Twist	minimum 4 rounds	1 Technique	3 months	7 Years
Purple (Level 2)	Joong Gun (32) + Do San	Shoulder & Wrist Twist	minimum 4 rounds	1 Technique	3 months	
Brown (Level 1)	Toi Gye (mv1-20)	1x Shoulder Lock	minimum 4 rounds	1 Technique	3 months	
Brown (Level 2)	Toi Gye (37) + Won Hyo	2x Shoulder Locks	minimum 4 rounds	1 Technique	3 months	
Red (Level 1)	Hwa Rang (mv1-14)	Escaping Grabs into Joint Manipulation	min. 4 rounds incl. 2on1	2 Techniques	3 months	8 Years
Red (Level 2)	Hwa Rang (29) + Yul Guk	Escaping Locks into Joint Manipulation	min. 4 rounds incl. 2on1	2 Techniques	3 months	
Senior Red	Choong Moo (30) +2	All above with takedowns/breakfalls	min. 8 rounds incl. 2on1	3 techniques	6 months	
Jnr. Black (Level 1)	Creatvie Form (30-50) +2	All above with takedowns/breakfalls	min. 8 rounds inc. 2on1	3 techniques	6 months	9 Years
Jnr. Black (Level 2)	Creatvie Form (30-50) +2	Above plus Demo	min. 8 rounds plus Demo	3 techniques + Demo	6 months	

TRANSISTION IN THE GUP GRADES

Students under the age of 11 will promote through Level Grades until achieving 1st Degree Black Belt. If they turn 11 whilst within the Level Grades, they will transistion into the GUP once they next promote to a new colour belt.

JUNIOR BLACK BELT LEVELS

Students aged 9 to 12 will promote from Senior Red Belt to Junior Black Belt Level 1. They will need to design and demonstrate their own Creative Form in order to Grade to Level 2.
Once Level 2 is achieved, they must prepare and perform a demonstration that includes; Self Defence, Sparring & Board Breaking, to achieve 1st Degree Black Belt Level 1.
At the discretion of the Senior Instructor, if student is 12 at Senior Red or Junior Black Belt Level 1, they may Grade straight to 1st Degree Black Belt Level 1 after minimum time served.

ACHIEVEING 1ST DEGREE

The minimum age to achieve 1st Degree Black Belt is 11 years old. The only exception to this is if the students have spent a minimum of 1 year as a Junior Black Belt and must be 10 years old with a total training time of 5 years, without breaks.