

## Freestyle TaeKwonDo: Lil' Dragons Ranking System

Rank	Stances & Travelling	Blocking & Form	Striking & Form	Kicking & Sparring Drills	Min. Time	Min. Age
Lil' Dragon	Listening, Attention & Ready Stances	Low Forearm Block	Hand Shapes	Front Kick	N/A	4 Years
Yellow Stripe	Sitting Stance	Middle Forearm Block	Straight Punch	Side Kick	N/A	
Orange Stripe	Walking Stance	High Forearm Block	Jab & Cross	Inside Crescent Kick	N/A	
Green Stripe	L Shape Stance	Rising Forearm Block	Hook Punch	Outside Crescent Kick	N/A	
Blue Stripe	Sparring Stance	Inward Forearm Block	Backfist Strike	2 Kick Combinations	N/A	4.5 Years
Purple Stripe	Stepping & Double Stepping	Knifehand Blocks	Knifehand Strikes	Set Drill no.1 on pads	N/A	
Brown Stripe	Sliding & Jumping	Blocks whilst travelling in Stances	Strikes whilst travelling in Stances	Set Drill no.2 on pads	N/A	
Red Stripe	All Stances & Travelling	4-directional movement	Ki Bon (mvl-6)	Set Drill no.3 on pads	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	Self Defence	Form	Sparring	Breaking	Min. Time	Min. Age
White (Level 1)	All Lil' Dragon Requirements	All Lil' Dragon Requirements	All Lil' Dragon Requirements	N/A	N/A	
White (Level 2)	Evade Movement	Ki Bon (14)	Set Drill 1,2,3 with partner	N/A	8 weeks	5 Years
Grey (Level 1)	Single & Double Grab Releases	Chon Ji (mvl-8)	Set Drill 4,5,6 on pads	N/A	8 weeks	
Grey (Level 2)	All Grab Releases	Chon Ji (19)	Set Drill 4,5,6 with partner	N/A	8 weeks	
Yellow (Level 1)	Headlock or Bodylock Escapes	Dan Gun (mvl-8)	5x5 Concept	N/A	8 weeks	
Yellow (Level 2)	Headlock & Bodylock Escapes	Dan Gun (21)	5x5 & Combos or 2 rounds	N/A	8 weeks	
Orange (Level 1)	1x Twisting Arm Bar	Do San (mvl-8)	minimum 4 rounds	N/A	10 weeks	
Orange (Level 2)	2x Twisting Arm Bars	Do San (24) + Ki Bon	minimum 4 rounds	N/A	10 weeks	
Green (Level 1)	1x Straight Arm Bar	Won Hyo (mvl-12)	minimum 4 rounds	N/A	10 weeks	6 Years
Green (Level 2)	2x Straight Arm Bars	Won Hyo (28) + Chon Ji	minimum 4 rounds	N/A	10 weeks	
Blue (Level 1)	All Arms Bars	Yul Guk (mvl-21)	minimum 4 rounds	N/A	10 weeks	
Blue (Level 2)	All Arms Bars	Yul Guk (38) + Dan Gun	minimum 4 rounds	N/A	10 weeks	
Purple (Level 1)	Shoulder or Wrist Twist	Joong Gun (mvl-19)	minimum 6 rounds	1 Technique	3 months	7 Years
Purple (Level 2)	Shoulder & Wrist Twist	Joong Gun (32) + Do San	minimum 6 rounds	1 Technique	3 months	
Brown (Level 1)	1x Shoulder Lock	Tai Gye (mvl-20)	minimum 6 rounds	1 Technique	3 months	
Brown (Level 2)	2x Shoulder Locks	Tai Gye (37) + Won Hyo	minimum 6 rounds	1 Technique	3 months	
Red (Level 1)	Escaping Grabs into Joint Manipulation	Hwa Rang (mvl-14)	min. 6 rounds incl. 2on1	1 Technique	3 months	8 Years
Red (Level 2)	Escaping Locks into Joint Manipulation	Hwa Rang (29) + Yul Guk	min. 6 rounds incl. 2on1	1 Technique	3 months	
Senior Red	Above with takedowns/breakfalls	Choong Moo (30) +2	min. 6 rounds incl. 2on1	3 techniques	6 months	
Jnr. Black (Level 1)	Above with takedowns/breakfalls	Creative Form (30-50) +2	min. 8 rounds inc. 2on1	3 techniques	6 months	9 Years
Jnr. Black (Level 2)	Above with takedowns/breakfalls	Creative Form (30-50) +2	min. 8 rounds inc. 2on1	3 techniques	6 months	

### **TRANSITION IN THE GUP GRADES**

Students under the age of 12 will promote through Level Grades until achieving 1st Degree Black Belt. The only exception is if they turn 10 in their first year of training.

In this case, they will transition into the GUP Grades at their next promotion.

### **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 or Board Breaking, to achieve 1st Degree Black Belt Level 1.

At the discretion of the Senior Instructor, if student is 12 at Junior Black Belt Level 1, they may Grade straight to 1st Degree Black Belt Level 1 after minimum time served.

### **ACHIEVING 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.