

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 (mv1-6) | 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) | Evasive 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 (mv1-8) | 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 (mv1-8) | 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 (mv1-8) | 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 (mv1-12) | 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 (mv1-21) | 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 (mv1-19) | 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 (mv1-20) | 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 (mv1-14) | 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 | Creatvie Form (30-50) +2 | min. 8 rounds inc. 2on1 | 3 techniques | 6 months | 9 Years |
| Jnr. Black (Level 2) | Above with takedowns/breakfalls | Creatvie 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.