

Freestyle TaeKwonDo - Ranking System

Rank	Signification	Self Defence	Form	Sparring	Breacking	Min. Time	Min. Age
White - 10th GUP	Beginning	Defensive Stance & Evasive Movement	Ki Bon (14)	Set Sparring Drills (1, 2, 3)	N/A	4 weeks	For those under the age of 10, please see the Junior Ranking System
Grey - 9th GUP	Seed	Grab Releases	Chon Ji (19)	Set Sparring Drills (4, 5, 6)	N/A	4 weeks	
Yellow - 8th GUP	Dawn	Headlock & Bodylock Escapes	Dan Gun (21)	5x5 & Combos or 2 rounds	N/A	8 weeks	
Orange - 7th GUP	Sun	Twisting Arm Bars	Do San (24) + Ki Bon	minimum 4 rounds	N/A	10 weeks	
Green - 6th GUP	Plant	Straight Arm Bars	Won Hyo (28) + Chon Ji	minimum 4 rounds	N/A	10 weeks	
Blue - 5th GUP	Water	All Arms	Yul Guk (38) + Dan Gun	minimum 4 rounds	N/A	10 weeks	
Purple - 4th GUP	Twilight	Shoulder & Wrist Twists	Joong Gun (32) + Do San	minimum 6 rounds	2 techniques	6 months	
Brown - 3rd GUP	Earth	Shoulder Locks	Toi Gye (37) + Won Hyo	minimum 6 rounds	2 techniques	6 months	
Red - 2nd GUP	Dusk	Escapes into Joint Manipulations	Hwa Rang (29) + Yul Guk	min. 6 rounds inc. 2on1	2 techniques	6 months	
Senior Red - 1st GUP	Sunrise	All above with takedowns	Choong Moo (30) +2 of choice	min. 8 rds inc. 2 & 3on1	3 techniques	6 months	
1st Degree - Level 1	Proficiency	Standing Takedowns & Sweeps	Kwang Gae (39) +2 of choice	min. 8 rds inc. 2 & 3on1	3 techniques	6 months	11 Years*
1st Degree - Level 2	&	Standing Throws	Poe Eun (36) +2 of choice	min. 8 rds inc. 2 & 3on1	3 techniques	6 months	
1st Degree - Level 3	Maturity	All above against random attacks	Gae Beak (44) + Kwang Gae & Po Eun +1 of choice	min. 8 rds inc. 2 & 3on1	4 techniques	9 months	13 Years
2nd Degree - Level 1	Knowledge	Ground Defence & Seated Sweeps	Eui Am (45) + 1x Int., Adv. 1st Deg.	min. 8 rds plus 2 & 3on1	4 techniques	9 months	
2nd Degree - Level 2	&	Pin Escapes & Sweeps	Choong Jang (52) + 1x Int., Adv. 1st Deg.	min. 8 rds plus 2 & 3on1	4 techniques	9 months	
2nd Degree - Level 3	Understanding	All Ground Defence, Escapes, Sweeps	Juche (45) + Eui Am & Choong Jang + 2 of choice	min. 8 rds plus 2 & 3on1	5 techniques	12 months	16 Years
3rd Degree - Level 1	Clarity	All plus multiple opponents	Sam Il (33) + 1x Int., Adv. 1st, 2nd Deg. & Application	min. 8 rds, plus multiple	5 techniques	12 months	
3rd Degree - Level 2	&	All plus multiple opponents	Yoo Sin (68) + 1x Int., Adv. 1st, 2nd Deg. & Application	min. 8 rds, plus multiple	5 techniques	12 months	
3rd Degree - Level 3	Focus	All plus multiple opponents	Choi Yong (46) + Sam Il & Choi Yong +3 of choice & Application	min. 8 rds, plus multiple	6 techniques	18 months	20 Years
4th Degree - Level 1	Humility	All plus multiple opponents	Yong Gae (49) + 1x Int., Adv. 1st, 2nd, 3rd Deg. & Application	min. 8 rds, plus multiple	6 techniques	18 months	
4th Degree - Level 2	&	All plus multiple opponents	Ul Ji (42) + 1x Int., Adv. 1st, 2nd, 3rd Deg. & Application	min. 8 rds, plus multiple	6 techniques	18 months	
4th Degree - Level 3	Responsibility	All plus multiple opponents	Moon Moo (61) + Yong Gae & Ul Ji +4 of choice & Application	min. 8 rds, plus multiple	7 techniques	24 months	25 Years
5th Degree - MASTER	Mindfulness	Panel's Choice	So San (72) & Se Jong (24) + 1x Int., Adv. 1st, 2nd, 3rd, 4th Deg. & App.	Panel's Choice	7 techniques	5 years	
6th Degree - MASTER	Wisdom	Panel's Choice	Tong Il (56) + 1x Int., Adv. 1st, 2nd, 3rd, 4th, 5th Deg. & Application	Panel's Choice	8 techniques	6 years	
7th Degree - MASTER	Mastery	Panel's Choice	Own or Pyong Hwa (50) + All & Application	Panel's Choice	9 techniques	7 years	38 Years
8th Degree - GRANDMASTER	Grandmaster	<i>Time Served Award. All Masters must agree on promotion and a minimum of 30 years in TKD.</i>				8 years	46 Years
9th Degree - GRANDMASTER	Grandmaster	<i>Time Served Award. All Masters must agree on promotion and a minimum of 40 years in TKD.</i>				N/A	55 Years

AGE REQUIREMENTS

The age restrictions for certain ranks are listed above. If the member is due to become the required age no more than 30 days after the event, they may still Grade.

*see Junior Ranking System for 1st Degree age requirement exception

TIME SERVED & CLASS ATTENDANCE REQUIREMENTS

From White to Blue Belt, members must attend a minimum of once per week to Grade after each cycle. From Purple onwards, a minimum of two classes per week must be attended before being able to Grade after minimum time served (*If only attending once per week, an extra cycle may be required at each ranks before being able to Grade*)

PREVIOUS GRADING SCORE ACCREDITATION

Between Purple & Senior Red Belt, members may Grade after 3 months if their last 2 Grading scores have been Outstanding. This is only available to ages 9 and over and can not be done in succession.

TIME SERVED AT BLACK BELT LEVEL GRADES

The Time Served shown for Black Belt Level Grades are recommended time scales. If a member has spent more time at one level, they may have that time credited at the next level of that Degree.

At each Degree, the total time served is based on the year each is earned: 2 years at 1st, 3 years at 2nd, 4 years at 3rd, 5 years at 4th and above. The total Time Served is based in years not months/cycles i.e. If a member achieves 1st Degree in 2022, they may Grade any time in 2024 for 2nd Degree, however must still Grade through all 3 levels.