



**BELT EXAM REQUIREMENTS
HELSINKI UNIVERSITY TAEKWON-DO
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About the belt exam requirements

The belt exam requirements act as a guide for the student when preparing for the next belt exam. They also help to set short time goals and state the required skillset of every grade. These requirements are guidelines, and also other things done in the trainings might be required in the belt exam.

The skills listed in the requirements are the minimum requirements for each grade. When having the listed skills the student may attend the next belt exam.

Each grade should be able to perform all the skills of the current and previous grades before attending the next belt exam. If there is no specific mention about a specific skill like step sparring, but it has been mentioned in an earlier grade requirement list, students should also be able to show that skill. The examiner expects to see a clear improvement in the skill level for each grade, so just learning the new techniques and patterns is not enough.

All the students need to have a valid licence for the whole preparation period. In the training card, training marks for acting as an assistant coach in training session will be given as regular ones, but circled by the instructor. The federations' electronic sign-up system will be checked for attendance of events like competitions and training camps.

Preparation to the belt exam and permission to attend

It is advisable to make a decision on preparing for the belt exam at an early stage, especially at higher grades and if the goal is to advance by two grade levels. Let the instructors know your goal as soon as possible, so they can do their best to support your goal.

The student needs permission from the instructor before signing up for the belt exam. This way both the instructor and the student can be sure that the student has the required skills to pass the exam.

Training amount and preparation times for different grades

9th Gup → 8th Gup, 20 trainings / 6 months
8th Gup → 7th Gup, 25 trainings / 6 months
7th Gup → 6th Gup, 30 trainings / 6 months
6th Gup → 5th Gup, 35 trainings / 6 months
5th Gup → 4th Gup, 40 trainings / 6 months
4th Gup → 3rd Gup, 50 trainings / 6 months
3rd Gup → 2nd Gup, 60 trainings / 6 months
2nd Gup → 1st Gup, 70 trainings / 6 months
1st Gup → 1st Dan, 80 trainings / 6 months

9th Gup → 7th Gup, 30 trainings / 6 months
8th Gup → 6th Gup, 40 trainings / 6 months
7th Gup → 5th Gup, 45 trainings / 6 months
6th Gup → 4th Gup, 55 trainings / 6 months
5th Gup → 3rd Gup, 60 trainings / 6 months
4th Gup → 2nd Gup, 75 trainings / 6 months



White belt, 10th Gup

Hand techniques

- Gonnun jumbi sogi
- Gonnun so palmok najunde makgi
- Gonnun so sonkal najunde bakuro makgi
- Gonnun so kaunde an palmok makgi
- Niunja so kaunde an palmok makgi
- Gonnun so kaunde bakat palmok makgi
- Gonnun so kaunde baro jirugi
- Gonnun so kaunde bandae jirugi

Foot techniques

- Apcha olligi
- Apcha busigi

Stances

- Narani sogi
- Charyot sogi
- Moa sogi
- Gonnun sogi
- Niunja sogi

Step sparring

- Han chok sambo matsogi (three step sparring alone in one direction)

Four directional patterns

- Saju jirugi
- Saju makgi
- Saju chagi

Pattern

- Chon-Ji

Theory

- Theory package for the beginners course
- Theory of the basic stances
- Theory of Chon-Ji

Other requirement

- Etiquette and behaviour in do jang



White belt with yellow stripe, 9th Gup

Hand techniques

- Niunja so kaunde baro jirugi
- Niunja so kaunde bandae jirugi
- Gonnun so kaunde sonkal makgi

Step sparring

- Yang chok sambo matsogi (three step sparring alone in two directions)

Sparring

- Free sparring, no contact

Other requirements

- At least one event outside of the club (competition, camp, training day, club's promotional event or training in other club) during preparation period



Yellow belt, 8th Gup

Hand techniques

- Niunja so kaunde palmok daebi makgi
- Niunja so kaunde sonkal daebi makgi
- Gonnun so nopunde baro jirugi
- Niunja so sang palmok makgi
- Gonnun so nopunde chookyo makgi
- Niunja so kaunde sonkal bakuro taerigi
- Niunja so kaunde yop joomuk bakuro taerigi
- Annun jumbi sogi
- Annun so kaunde baro jirugi

Foot techniques (najunde, kaunde)

- Yop apcha busigi
- Dollyo chagi
- Yop dollyo chagi
- Yopcha jirugi
- Naeryo chagi
- Yopcha olligi
- Twimyo apcha busigi

Stances

- Annun sogi

Step sparring

- Han chok sambo matsogi (with pair, right and left side)
- Yang chok sambo matsogi (with pair, right and left side)

Sparring

- Free sparring, with sparring gear

Pattern

- Dan-Gun

Theory

- Theory of Dan-Gun
- Theory of the new stances
- Vocabulary of the grade

Other requirements

- Techniques also in bandae side
- Understanding differences between attacking and blocking kicks



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- At least one event outside of the club (competition, camp, training day, club's promotional event or training in other club) during preparation period



Yellow belt with green stripe, 7th Gup

Hand techniques

- Gonnun so nopunde bakat palmok makgi
- Gonnun so kaunde sun sonkut tulgi
- Gonnun so nopunde dung joomuk yop taerigi
- Gonnun so nopunde bakat palmok hechyo makgi
- Gonnun so kyocho joomuk najunde noollo makgi

Foot techniques

- Twimyo dollyo chagi
- Twimyo yopcha jirugi

Step sparring

- I bo matsogi

Pattern

- Do-San

Self defence

- Detachments

Theory

- Theory of Do-San
- Vocabulary of the grade
- Finnish law of self-defence (Hätävarjelulaki), basic level

Other requirements

- At least one event outside club (competition, camp, training day, club's promotional event or training in other club) during preparation period



Green belt, 6th Gup

Hand techniques

- Niunja so nopunde sonkal anuro taerigi
- Gojung so kaunde baro jirugi
- Gonnun so kaunde an palmok dollimyo makgi
- Goburyo jumbi so A

Foot techniques (najunde, kaunde)

- Dwitcha jirugi
- Tora yopcha jirugi

Stances

- Gojung sogi
- Goburyo sogi

Step sparring

- I bo matsogi

Pattern

- Won-Hyo

Self-defence

- Submissions
- Moderate damaging
- Serious damaging

Power breaking

- Ap joomuk jirugi
- Sonkal taerigi (anuro/bakuro)
- Yop joomuk taerigi
- Kaunde dollyo chagi
- Apcha busigi
- Yopcha jirugi

Theory

- Theory of Won-Hyo
- Vocabulary of the grade
- Personal history of Choi Hong Hi, basic level

Other requirements

- Adapting techniques in different heights



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- At least one event outside of the club (competition, camp, training day, club's promotional event or training in other club) during preparation period

Green belt with blue stripe, 5th Gup

Hand techniques

- Gonnun so kaunde sonbadak golcho makgi
- Gonnun so kaunde ap palkup taerigi
- Kyocha so nopunde dung joomuk yop taerigi
- Gonnun so nopunde doo palmok makgi

Foot techniques (najunde, kaunde)

- Goro chagi

Stances

- Kyocha sogi

Step sparring

- Ilbo matsogi

Pattern

- Yul-Gok

Self defence

- Self defence against direct and turning punches
- Detachments and control holds 360°

Power breaking

- Ap joomuk jirugi
- Sonkal taerigi (anuro/bakuro)
- Kaunde dollyo chagi
- Apcha busigi
- Yopcha jirugi

Theory

- Theory of Yul-Gok
- Vocabulary of the grade

Other requirements

- Adapting techniques in different stances
- Concept of twimyo and adapting in technique training
- At least one event outside of the club (competition, camp, training day, club's promotional event or training in other club) during preparation period
- At least one assistant instructor experience in trainings during preparation period



Blue belt, 4th Gup

Hand techniques

- Niunja sogi kaunde dung sonkal bakuro makgi
- Dwitbal sogi sonbadak ollyo makgi
- Gonnun sogi nopunde wi palkup taerigi
- Gonnun sogi nopunde sang joomuk sewo jirugi
- Gonnun sogi najunde dwijibo joomuk jirugi
- Gonnun sogi nopunde kyocha joomuk chookyo makgi
- Nachuo sogi najunde sonbadak noollo makgi
- Moa sogi kaunde giokja jirugi
- Gojung sogi digutja makgi

Foot techniques (najunde, kaunde ja nopunde)

- Badae dollyo chagi
- All the kicks learned earlier to nopunde level
- Twimyo dwitchagi
- Twimyo naeryo chagi

Stances

- Dwitbal sogi
- Nachuo sogi

Pattern

- Joong-Gun

Self defence

- Self defence against direct and turning kicks
- Strangleholds in standing position

Power breaking

- Nopunde dung joomuk yop taerigi
- Ap palkup taerigi
- Nopunde yopcha jirugi
- Kaunde dwitcha jirugi
- Twimyo dollyo chagi

Theory

- Theory of Joong-Gun
- Finnish law of self defence (Hätävarjelulaki), broad knowledge
- Vocabulary of the grade
- Personal history of Choi Hong Hi, broad knowledge
- History and current administration of Helsinki University Taekwon-Do, basic knowledge



Other requirements

- Concept of slow motion and adapting in technique training
- At least one event outside club (competition or camp) during preparation period
- At least five assistant instructor experiences in trainings during preparation period



Blue belt with red stripe, 3rd Gup

Hand techniques

- Gonnun so najunde dwijibo sonkut tulgi
- Moa so dung joomuk yopdwi taerigi
- Moa so sang yop palkup tulgi
- Annun so bakat palmok san makgi
- Gonnun so morijapgi
- Gonnun so nopunde opun sonkut tulgi
- Niunja so dung joomuk yopdwi taerigi
- Niunja so najunde doo palmok miro makgi
- Niunja so najunde palmok daebi makgi
- Niunja so najunde sonkal daebi makgi

Foot techniques

- Badae dollyo goro chagi
- Moorup ollyo chagi
- Twimyo goro chagi

Pattern

- Toi-Gye

Self defence

- Strangleholds on the ground

Power breaking

- Nopunde dollyo chagi
- Naeryo chagi
- Badae dollyo chagi

Theory

- Theory of Toi-Gye
- Vocabulary of the grade
- History and current administration of ITF Finland, basic knowledge

Other requirements

- Concept of baggi and adapting in technique training
- At least one event outside club (competition or camp) during preparation period
- At least five assistant instructor experiences in trainings during preparation period
- At least one fully or partly alone conducted training session in club during preparation period



Red belt, 2nd Gup

Hand techniques

- Annun so kaunde sonbadak miro makgi
- Niunja so ollyo jirugi
- Soo jik so sonkal naeryo taerigi
- Niunja so yop palkup tulgi
- Moe so an palmok nopunde makgi

Foot techniques

- Bituro chagi
- Bandal chagi
- Golcho chagi
- Sewo chagi
- Noollo chagi
- Twimyo bandae dollyo chagi

Stance

- Soo jik sogi

Pattern

- Hwa-Rang

Sparring

- Low kicks
- Taking opponent to the ground mid-sparring
- Two opponents

Self defence

- Weapon threats (knife/stick)

Power breaking

- Nopunde goro chagi
- Nopunde bandae dollyo chagi
- Twimyo bandae dollyo chagi
- Twimyo nomo yopchagi, barrier at minimum belt level
- Twio dolmyo chagi

Theory

- Theory of Hwa-Rang
- Vocabulary of the grade
- History of Korea, main events



Other requirements

- Concept of migulgi and adapting it in technique training
- Different steppings and other forms and directions of movement
- At least one event outside the club (competition or camp) during preparation period
- At least five training sessions conducted fully or partly alone
- Umpire class D



Red belt with black stripe, 1st Gup

Hand techniques

- Gonnun so nopunde sonkal ap taerigi
- Gonnun so nopunde sonkal dung ap taerigi
- Annun so bakat palmok ap makgi
- Niunja so kaunde kyocha sonkal momchau makgi
- Gonnun so sang sonbadak ollyo makgi

Foot techniques

- Twimyo tora yopcha jirugi

Pattern

- Choong-Moo

Self defence

- Moving knife
- Weapon threats (pistol)

Power breaking

- Twimyo sonkal bakuro taerigi
- Sonkal dung taerigi
- Sonkal naeryo taerigi
- Moorup ollyo chagi
- Nopi chagi

Theory

- Theory of Choong-Moo
- Vocabulary of the grade
- History and current administration of AETF, basic knowledge
- History and current administration of ITF, basic knowledge

Muuta

- Weekly instructor or assistant instructor experience (minimum one season)
- TOK 1 course
- At least one event outside club (competition or camp) during preparation period
- At least one competition experience during Taekwon-Do training