

TAEKWONDO AMERICA TESTING REQUIREMENTS BY RANK

RANK	PATTERN	MINIMUM TIME	BREAKING TECHNIQUES		SPAR	MINIMUM AGE
			KICK	STRIKE		
Brown & Sen. Brown	Hwa Rang 31 moves	2 months at each rank	Side or Front Kick	1 Approved	Free	
Red & Sen. Red	Choong Moo 31 moves	2 months at each rank	Side or Round Kick	1 Approved	Free	
Probationary Recommended	Gwang Gae 42 moves	2 months at each rank	1: Front, Side or Round 2: Front, Side or Round (different kick with each leg)	none	Free	
1st Decided	Po Eun 36 moves	4 Months	1: Side Kick or Round Kick 2: Spin Kick (different kick with each leg)	1 Approved	Free	
1st Senior	Ge Baek 44 moves	6 Months	1: Side Kick or Round Kick 2: Jump Kick (different kick with each leg)	1 Approved	Free	
2nd Degree	Choong Jang 54 moves	8 Months	1: Spin Kick 2: Jump Kick (different kick with each leg)	none	Free	
2nd Decided	Yoo Sin 69 moves	8 Months	1: Spin Kick 2: Jump Kick (different kick with each leg)	1 Approved	Free	
2nd Senior	Ul Ji 42 moves	10 Months	1: Jump Spin Kick 2: Spin Kick (different kick with each leg) Women one station - 2 boards Men one station - 3 boards	1 Approved	Free	
3rd Degree	Yon Gae 51 moves	1 Year	1: Jump Spin Kick 2: Spin Kick (different kick with each leg)	1 Approved	Free	13
3rd Decided	Juche 53 moves	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick (different kick with each leg)	1 Approved	Free	15
3rd Senior	Ko Dang 55 moves	1 Year	1: Jump Spin Kick 2: Jump or Spin Kick 3: Basic Kick (different kick with each leg)	2 Approved	Free	18
4th Decided	Choi Yong 50 moves	2 Years	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	1 Approved	Free	21
4th Senior	Tong Il 67 moves	2 Years	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Basic Kick	2 Approved	Free	23
5th Degree	Moon Moo 69 moves	5 Years	1: 360° Jump Spin Kick 2: Jump Spin Kick 3: Spin Kick 4: Jump Kick 5: Basic Kick	2 Approved	Free	25



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MALES AGE	RE-BREAKABLE BOARDS		WOOD BOARDS	
	BROWN BELTS	RED & BLACK BELTS	BROWN BELTS	RED & BLACK BELTS
5 and 6	White	Yellow	3"	4.5"
7 and 8	Yellow	Orange	4.5"	6"
9 and 10	Orange	Orange/Green	6"	8"
11 and 12	Orange/Green	Green		
11, 12 and 13			8"	9"
13 and 14	Green	Blue		
14			9"	11"
15	Blue	Brown	11"	Two 11"
16 and above	Brown	Black	11"	Two 11"

Men testing for 3rd Degree and above rank must break one kicking station with 3 boards!

FEMALES AGE	RE-BREAKABLE BOARDS		WOOD BOARDS	
	BROWN BELTS	RED & BLACK BELTS	BROWN BELTS	RED & BLACK BELTS
5 and 6	White	Yellow	3"	4.5"
7 and 8	Yellow	Orange	4.5"	6"
9 and 10	Orange	Orange/Green	6"	8"
11 and 12	Orange/Green	Green		
11, 12 and 13			8"	9"
13 and 14	Green	Blue		
14			9"	11"
15 and above	Blue	Blue/Brown	9"	11"

Women testing for 3rd Degree and above rank must break one kicking station with 2 boards!

Age Requirements - the minimum age to attain the following ranks shall be:

3rd Degree - 13 years old; 3rd Decided - 15 years old; 3rd Senior - 18 years old; 4th Degree - 21 years old; 4th Senior - 23 years old; 5th Degree - 25 years old; 6th Degree - 30 years old

