




Grading Requirements

2023

Red Dragon Taekwondo

BLUE TO HIGH BLUE / HIGH BLUE TO BROWN BELT REQUIREMENTS

MINIMUM CLASSES	BASIC KICKS AND BLOCKS	SELF DEFENCES	FORMS
 20	 8 OF EACH	6 DEFENCES	TAEGUK 5 TAEGUK 6
APPLIES BETWEEN GRADING PERIODS	SIMPLE SPIN KICK COMBINATION KICK JUMP KICK	FACE PUNCH BEAR HUG HEADLOCK	BLUE BELT FORM HIGH BLUE BELT FORM
SPARRING	+	ONE STEP SPARRING	BOARD BREAK
8 ROUNDS		 2 ROUNDS	1 BOARD
BODY CONTACT NO HEAD CONTACT CHEST GUARD PLUS BASIC PADS		EVASIVE BLOCK COMBINATION STRIKE SIMPLE KICK	SIMPLE KICK OR SKIPPING KICK