

**United Federation of Tae Kwon Do Instructors**  
**Sparrows Point Martial Arts Academy**

Belt/Rank	Test Fee	Minimum Time In Rank	Forms	Weapons	Strikes	Blocks	Kicks	Special	Sparring	Breaking
9th Kup Advanced White	\$20	2 months or 16 hours	Box Pattern	None	Middle Punch, High Punch, Low Punch, Knife Hand Strike	Low Block, Inside Middle, Outside Middle, High	Front, Side, Back, Roundhouse, Shin, Scoop	Ready, Horse, Front, Back, Cat	None	None
8th Kup Yellow	\$30	3 months or 24 hours	Kicho 1 & 2	None	Straddle Punch	Same	Inside Crescent, Outside Crescent, Half Moon	Self Defense: Front 2-hand choke, Rear 2-hand choke, Rear over arm bear hug, Rear under arm bear hug.	3 One Step Sparring	None
7th Kup Orange	\$30	3 months or 24 hours	Kicho 1-3; Taeguek 1	None	Side Knife hand, Palm Heel, Tiger Claw, Tiger Mouth, Hammer Fist Strike	Double Knife hand Blocks	Sliding Front, Sliding Roundhouse, Sliding Side Kick, In Place: Back Crescent, Back Side	Turns with Low Block; Self defense: Right round house punch, head lock; Throws: round house punch (hip throw)	5 One Step Sparring, Free Sparring	Front Kick
6th Kup Green	\$30	3 months or 24 hours	Kicho 1-3; Taeguek 1-2	Basic Nunchuck	Back fist, Ridge hand, Vertical Punch, Upper Cut, Spear Hand	Same	Combo kicks: Front sliding front; Round sliding round; Side sliding side; Inside sliding outside; Side back side; round back crescent	Turns with inside middle block; Self Defense: Rear arm lock, Rear shoulder grab, Lapel Grab; Throws: straight punch (foot sweep), Rear choke (drop shoulder)	5 One Step Sparring (front and rear leg kicks), Free Sparring	Sliding side, back spin or jump front
5th Kup Purple	\$40	4 months or 32 hours	Kicho 1-3; Taeguek 1-3	Basic Double Nunchuck	Same	Same	Jump front kick, Jump Round house, Roundhouse-back spin kick	Turns with block & punch; Throws - rear over arm bear hug; Own hand combinations up the floor (blocks and strikes)	5 One Step Sparring; Free Sparring	Side kick
4th Kup Blue	\$40	4 months or 32 hours	Kicho 1-3; Taeguek 1-4	Nunchuck Form, Basic Staff	Basic blocks and strikes from side stance	Basic blocks and strikes from side stance	Jump side kick; 45 degree jump front kick; Combination: front kick-jump front kick	Turns with block and 2 strikes; Two Joint Locks; Weapons Defenses: Chain (overhead, roundhouse), Knife (straight thrust, downward); Club (downward, round house)	10 One Step Sparring; Free Sparring	Roundhouse Kick
3rd Kup Brown	\$50	4 months or 32 hours	Kicho 1-3; Taeguek 1-5	Nunchuck Form, Staff Form, Single Escrima	Basic blocks and strikes from back stance	Basic blocks and strikes from back stance	Jump kicks (front and back legs); 45 degree jump kicks (front, round, side); thunder kick; Combo Kicks: Round-jump round; Own combos;	Five joint locks; Ground fighting; Throws - Tomoe-nagi; Gun Defenses - facing to head & chest	10 One Step Sparring; 3 two step; 3 three step; Free Sparring	Back Side Kick and 1 hand technique
2nd Kup Red	\$50	4 months or 32 hours	Kicho 1 - 3; Taeguek 1-6	Nunchuck Form, Staff Form, Single Escrima Form, Double Escrima Form, Double Escrima Form	Basic blocks and strikes at judges discretion	Basic blocks and strikes at judges discretion	Jump back side kick; jump back crescent kick; Combos: Round-back spin; Front jump front; round jump round; Side jump side; Inside Crescent-Thunder; Own Combos	Gun Defenses - rear to head; side to head; Eight joint locks; Ground fighting; Random Grab Self Defense; Falling; Body Movement Drill; Teaching Experience	10 One Step Sparring; 5 two step; 5 three step; Free Sparring	Back Spin Kick and 2 hand technique
1st Kup Red/Black	\$70	6 months or 48 hours	Kicho 1 - 3; Taeguek 1-7; Koryo;	Nunchuck Form, Staff Form, Single Escrima Form, Double Escrima Form, Basic Sword	Basic blocks and strikes at judges discretion	Basic blocks and strikes at judges discretion	Jump back spin kick; Flying side kick. Combinations: basics with jump kicks, roundhouse-jump back crescent, roundhouse-jump back spin, Own Combos	Ten joint locks; Ground fighting; Random Grab Self Defense; Falling; Chain/knife/gun defenses - random. 3 self defense from chair. Teaching Experience.	10 One Step Sparring; 10 two step; 10 three step; Free Sparring with 2 attackers	Back Spin Kick (Speed) and 1 hand & foot combination; 1 concrete
1st Dan	\$130	6 months or 48 hours	Kicho 1 - 3; Taeguek 1-8; Koryo; Keum Gang; Nippo Jin #1;	Nunchuck Form, Staff Form, Single Escrima Form, Double Escrima Form, Sword Form	Basic blocks and strikes at judges discretion	Basic blocks and strikes at judges discretion	Kicks Moving Forward and Backward; Sliding Kicks Moving Forward and Backward; base kicks-jumping, sliding and spinning; Own Combos	Random Grabs; Random Joint Locks; Falling; Throwing; Sword Techniques; Chain/knife/gun defenses - random. 5 self defense from chair. Paper: Kunja	15 One Step Sparring; 15 two step; 15 three step; Free Sparring with 3 attackers	5 boards in combination; 2 concrete (pencils)
2nd Dan	\$150	2 years	Kicho 1 - 3; Taeguek 1-8; Koryo; Keum Gang; Nippo Jin 1-3; Ro Pai; Bul Pai So; Tae Baek; Pal Gue 1-4	Nunchuck Form, Staff Form, Single Escrima Form, Double Escrima Form, Sword Form, Double Daggars Form	Basic blocks and strikes at judges discretion	Basic blocks and strikes at judges discretion	Kicks Moving Forward and Backward; Sliding Kicks Moving Forward and Backward; base kicks-jumping, sliding and spinning; Own Combos	Random Grabs; Random Joint Locks; Falling; Throwing; Sword Techniques; Chain/knife/gun defenses - random. Paper: How has martial arts changed me?	One step, two step, and three step sparring at judges discretion; Free Sparring with 3 attackers	6 boards in combination; 3 concrete (pencils)
3rd Dan	\$150	3 years	Kicho 1 - 3; Taeguek 1-8; Koryo; Keum Gang; Nippo Jin 1-3; Ro Pai; Bul Pai So; Bul Pai De; Tae Baek; Pal Gue 1-8; Pyongwan	Nunchuck Form, Staff Form, Single Escrima Form, Double Escrima Form, Sword Form, Double Daggars Form	Basic blocks and strikes at judges discretion	Basic blocks and strikes at judges discretion	Kicks Moving Forward and Backward; Sliding Kicks Moving Forward and Backward; base kicks-jumping, sliding and spinning; Own Combos	Random Grabs; Random Joint Locks; Falling; Throwing; Sword Techniques; Chain/knife/gun defenses - random. Paper: What does it mean to be a master?	One step, two step, and three step sparring at judges discretion; Free Sparring with 3 attackers	7 boards in combination; 4 concrete (pencils)