



Grading Requirements

2023

Red Dragon Taekwondo

YELLOW TO HIGH YELLOW / HIGH YELLOW TO GREEN BELT REQUIREMENTS

MINIMUM CLASSES	BASIC KICKS AND BLOCKS	SELF DEFENCES
12	 4 OF EACH	4 DEFENCES
APPLIES BETWEEN GRADING PERIODS	FRONT LEG OR SKIP KICK BACK STANCE TECHNIQUES	LAPEL GRAB PUSH DEFENCE
FORMS	SPARRING	
TAEGUK 1 TAEGUK 2	 4 ROUNDS	
YELLOW BELT FORM HIGH YELLOW BELT FORM	NON CONTACT BASIC PADS	