

Sparring Drills

Il Soo Sik Deh Ryun

(One-Step Sparring)

Ja Yu Deh Ryun

(Free-Sparring & Combinations)

Current Rank

Promotion Requirements

Combinations are for Extra Credit

10th Gup



9th Gup

Il Bon / E Bon (block & counter)
*Children: Il Bon (block & counter)

9th Gup

White Belt: Il Bon & Ee Bon

9th Gup



8th gup

Il Bon / E Bon
*Children: Il Bon

8th gup

White Belt: Sam Bon - O Bon

8th Gup



7th gup

Sam Bon & Sa Bon
*Children: Sam Bon

7th gup

Orange Belt: Il Bon & E Bon
& Free Sparring

7th Gup



6th gup

O Bon & Yuk Bon
* Children: O Bon

6th gup

Orange Belt: Sam Bon - O Bon
& Free Sparring

6th Gup



5th gup

Chil Bon & Pahl Bon
* Children: Chil Bon

5th gup

Green Belt: Il Bon & E Bon
& Free Sparring

5th Gup



4th gup

Gu Bon & Ship Bon
* Children: Gu Bon

4th gup

Green Belt Sam Bon & Sa Bon
& Free Sparring

4th Gup



3rd gup

Ship Il Bon & Ship E Bon
* Children: Ship Il Bon

3rd gup

Free Sparring

3rd Gup



2nd gup

Ship Sam Bon & Ship Sa Bon
* Children: Ship Sam Bon

2nd gup

Red Belt – Il Bon to Sam Bon
& Free Sparring

2nd Gup



1st gup

Ship O Bon & Ship Yuk Bon
* Children: Ship O Bon

1st gup

Free Sparring with utilization of
Tuel Oh Yang Kap Kwan Kong Kyuk

1st Gup



Cho Dan

Il Bon – Ship Pahl Bon
* Children: Il Bon – Gu Bon (odd #)

Cho Dan

Free Sparring

** Indicated as lower requirements for children.*