

PYON MOO DO KIDS

BELT REQUIREMENTS

BEGINNER PROGRAM	
WHITE BELT	YELLOW BELT
Black Stripe: Kwan Bup 1-8	Black Stripe: Kwan Bup 1-8
Brown Stripe: Kicking Test 1-2	Brown Stripe: Kicking Test 1-2
White Stripe: 10-Step Movement	White Stripe: Long Form -- Hwa Rang In Hyung
Grey Stripe: Nak Bup (tumbling skills -- front roll, front fall, side fall & back fall)	

INTERMEDIATE PROGRAM		
ORANGE BELT	GREEN BELT	BLUE BELT
Orange and Green Belts will work on the same curriculum together. Each testing cycle will focus on one of the two sections below		Blue Belt is a review belt before graduating to the Advanced Program.
SECTION 1	SECTION 2	Black Stripe: Kwan Bup 1-8
Black Stripe: Kwan Bup 1-8 (Dora Anteri Set)	Black Stripe: Kwan Bup 1-8 (Turnaround Kick Set)	Brown Stripe: Kicking Test 1-2
Brown Stripe: Kicking Test 1-2 (Plum Flower Post Set)	Brown Stripe: Kicking Test 1-2 (Double Jumping Kick Set)	White Stripe: Review of Yellow-Green Belt material
White Stripe: Wrist Escapes (1-6)	White Stripe: Take Down Set (1-5)	Grey Stripe: Nak Bup (flip falls)

Note: Orange Belt requirements include an Honor Project. Please ask an instructor for details.

ADVANCED PROGRAM		
PURPLE BELT	RED BELT	BROWN BELT
Purple through Brown Belts each have belt-specific Kwan Bup and Kicking Tests. All advanced students will work on the same material for their White Stripe. Each testing cycle will focus on one of the three sections below.		
SECTION 1	SECTION 2	SECTION 3
Black Stripe: Kwan Bup 1-8 (Belt Specific)	Black Stripe: Kwan Bup 1-8 (Belt Specific)	Black Stripe: Kwan Bup 1-8 (Belt Specific)
Brown Stripe: Kicking Test (Belt Specific)	Brown Stripe: Kicking Test (Belt Specific)	Brown Stripe: Kicking Test (Belt Specific)
White Stripe: Advanced Self-Defense	White Stripe: Long Form -- Balance Form	White Stripe: Dance of Pain

Note: Purple Belt requirements include an Solidarity Project. Please ask an instructor for details.

HALF-BLACK BELT
Black Stripe: Kwan Bup 1-8
Brown Stripe: Long Form -- Hwa Rang Yeh Hyung
White Stripe: Review of intermediate & advanced material
Grey Stripe: Nak Bup (reverse flip falls)



**JUNIOR BLACK BELT
& FULL
PYON MOO DO
CURRICULUM**

Note: Half-Black Belt requirements include a Doing Thing for Others Project. Please ask an instructor for details.