

## Martial Arts Belt Progression Example

Do you have a similar series of progressive skill development for key roles in your organization?  
What would this look like for developing a PM, Estimator or Superintendent?

Black Belt is Just "Certification" That All Basic Skills are Known and Values Exhibited  
The Journey Towards Mastery Starts After These Foundational Skills Are Achieved  
Example From: <https://www.highkicktkd.com/belt-promotions>

SKILLS	28	21	20	22	27	24	21	31	32
CUMULATIVE	28	49	69	91	118	142	163	194	226

	WHITE	YELLOW	ORANGE	GREEN	BLUE	PURPLE	BROWN	RED	POOM
<b>FORM</b>	H-Form	Tae-guk El-jong	Tae-guk E-jong	Tae-guk Sam-jong	Tae-guk Sa-jong	Tae-guk O-jong	Tae-guk Yuk-jong	Tae-guk Chil-jong	Tae-guk Pal-jong
<b>KICKS</b>	Rising Front Snap Roundhouse Flying Side Crescent (in-out) Crescent (out-in) Side	Ax Push Back Front Snap (Ball of Foot)	Skipping Front Snap Skipping Roundhouse Skipping Side Skipping Ax	Skipping Back Kick Step behind Roundhouse Jumping Front Leg (Knee-Up): Ax Front Snap Roundhouse	Skipping Back Kick Hook Kick Front Snap - Roundhouse Jumping (Rear Leg): Front Snap Roundhouse Side Ax Back	Skipping Hook Kick Jumping Double Front Snap Front Leg Front Snap Front Leg Roundhouse Front Leg Side Double Roundhouse (back-front) Spinning Roundhouse	Front Leg Ax Front Leg Hook Double Roundhouse (front) Hook - Roundhouse Back Hook Kick	Jumping Front Leg Front Roundhouse - Hook Skipping Double Roundhouse Spinning Back Hook Jumping Double Front Snap (sides)	Jumping Back Hook Roundhouse-Hook-Roundhouse Spinning Aerial Back Jumping Front Leg Side Kick Jumping Front Leg Hook Kick Front - Ax - Roundhouse -
<b>FOOTWORK</b>	Switch Feet	Step Forward Step Back	Skip Forward Skip Back	Back Leg Fake Front Leg Fake	Step Behind	Pivots	Push Forward Push Back	Cross Step and 45 Degree	Illusion Step and Spinning
<b>SELF DEFENSE</b>	Cross Wrist Grab Same Side Wrist Grab 2 on 1 Wrist Grab X-Block Knuckle Attack	2 on 2 Front Wrist Grab 2 on 2 Back Wrist Grab Handshake (Practice purpose)	Front Choke Rear Choke Strangle	Front Shoulder Grab Rear Shoulder Grab Lapel	Front Hair Grab Front Bear Hug (arms free) Rear Bear Hug (arms free)	Rear Hair Grab Front Bear Hug (arms pinned) Rear Bear Hug (arms pinned)	Front Headlock Side Headlock Straight Punch	Roundhouse Punch Uppercut Front Shove Sleeve Grab Full Nelson Rear Arm Lock	Front Snap Kick Roundhouse Kick Club Attacks Knife Attacks Gun Attacks Against a Wall
<b>MISCELLANEOUS</b>	Tumble Rolls	Break Falls Shoulder Rolls	Shoulder Roll into Break Sweeps	Skipping Sweeps	Diving Shoulder Roll Diving Shoulder Roll - Break	Waist Sweep Leg Take Down	Head / Armlock Takedown	Hip Throw and Shoulder	Stomach Throw Headlock Throw Front Headlock Throw
<b>STRIKES</b>	Jab Double Punch Neck Attack X-Block Knuckle Attack Reverse Punch Palm Strike Spear Finger Attack	(Kicking Stance): Spear Finger Attack Palm Strike	Backfist Backfist - Reverse Punch	Hammerfist Web Strike	Forearm across Hook Punch	Forearm Up Uppercut	Ridge Hand	Spinning Elbow	Spinning Backfist
<b>PHYSICAL</b>									
<b>JUMPS</b>	10	15	20	25	35	40	45	55	60
<b>PUSH-UPS</b>	10	15	20	25	35	40	45	55	60
<b>SIT-UPS</b>	20	30	40	50	70	80	90	110	120
<b>BLOCKS/STANCES</b>	Lower / Inner / Outer / Rising Basic Blocking / Striking R	(Forward Stance): Lower / Inner / Outer / Rising Reverse Outer Blocks, Palm Strike, Neck Spear Finger, X-Block Knuckle (Horseback Riding Stance) Arm Pit Attack	(Forward Stance): Lower / Inner / Outer / Rising Reverse Outer Blocks, Palm Strike, Neck Spear Finger, X-Block Knuckle (Horseback Riding Stance) Arm Pit Attack	(Horseback Riding Stance) (Back Stance): Lower, Inner, Outer, Rising Reverse Outer Blocks, Inner Block-Backfist, Palm Block Knuckle Attack	(Horseback Riding Stance) (Back Stance): Single Knifehand Block, Double Knifehand Low Block, Double Knifehand Middle	(Horseback Riding Stance) (Back Stance): Single Knifehand Block, Double Knifehand Low Block, Double Knifehand Middle	(Forward Stance): Lower, Inner, Outer, Rising Inner Block-backfist Single Knifehand Block, Double Knifehand Middle (Horseback Riding Stance) Single Knifehand Block	(Forward Stance): Lower, Inner, Outer, Rising Punch Combinations Web-knee Break Low and Mid Palm Blocks Double Low Spread X-Low and High Blocks Scissor Block Reverse Neck Attack Palm Block-Spear Finger Rising Block-Neck Attack Combinations of ANYTHING (Horseback Riding Stance) Mountain Block (inner/outer) Hook Punch	(Forward Stance): Lower, Inner, Outer, Rising Punch Combinations Web-knee Break Low and Mid Palm Blocks Double Low Spread X-Low and High Blocks Scissor Block Reverse Neck Attack Palm Block-Spear Finger Rising Block-Neck Attack Combinations of ANYTHING (Horseback Riding Stance) Mountain Block (inner/outer) Hook Punch
<b>MENTAL</b>	Counting 1-10 in Korean Meaning of "Respect"	Counting 1-20 in Korean 5 Aims to Achieve	Meaning of "Honesty"	Meaning of "Discipline"	Recite Student Creed #1	Recite Student Creed #2	Recite Student Creed #3	Meaning of Student Creed	Meaning of Student Creed
<b>PROMOTION</b>									
<b>BOARD BREAKING</b>	Children - Flying Side Kick Adult - Reverse Punch	Ax Kick		Back Kick	Any 2 Techniques		3 Techniques 1 Must be a Hand Technique	3 Techniques 1 Must be a Back Kick	3 Techniques 1 Must be a Back Hook Kick
<b>SPARRING</b>			1 Round, 1 Minute			3 Rounds, 1 Minute			4 Rounds, 1 Minute
<b>TO NEXT BELT LEVEL</b>			Everything White through Orange 25 Push-Ups 50 Sit-Ups			Everything Green through Purple 45 Push-Ups 90 Sit-Ups			Everything White through Yellow 75 Push-Ups 150 Sit-Ups

### REQUIREMENTS

Each belt in the Martial Arts is full of meaning and philosophy. As a student advances from white belt to black belt, it symbolizes the knowledge and power the student has learned and experienced. Belt color signifies rank, or proficiency. The small colored bands across the end of the belt indicate the levels within each color. Students have to pass practical and theory tests to progress to the next rank. A serious student can reach black belt in two or three years. To advance from one rank to another, students will need to qualify for promotion testing. Each student is different and will promote at a pace measured by skill and not a timeline. When a student has accomplished each of these requirements, they will be given a promotion application which will need to be filled out and turned in prior to the next available promotion testing date. (For what is tested at each level see the Taekwondo Belt Promotion Checklist below.)

### BLACK BELT CANDIDATE

Graduating to a Black Belt means that you must know everything learned in all belts. Through dedication and hard work, your goal is now a reality that you will be reaching shortly. Below is a checklist for you to follow of things that you will need to do, know, and accomplish before admittance to your test. Some require commitment and sacrifice, however, after years of training, that's what is needed to reach your goals.

- Attend a minimum of 8 special training classes. (NO MAKE UPS!)
- Attend a minimum of 3 classes per week. (Not including Special Training)
- Cardiovascular workouts at home 3 times per week (jogging, bicycling, etc.)
- Must have great energy/spirit levels in all classes
- Give back to school (promotions, events), show loyalty and gratitude.
- Follow all school rules and regulations.
- Extensive knowledge of all requirements. (Physical and Mental)
- Must attend Power Weekend (NO MAKE UPS!)
- Must pass written test and all power weekend events.
- Must memorize the Black Belt Oath by power weekend plus other to be recited individually at the Black Belt promotion.
- All promotion fees must be paid prior to power weekend.

How much would clearly defined development steps help your team grow?  
How many "Hard Skills" make up each critical role in your organization?