

AKMA Testing Requirements 10th Gup-1st Dan R

| Belt Color | Gup Rank | Forms (Hyung) | One-Step Sparring (Il Bo Teryan) | Three-Step Sparring (Sam Bo Teryan) | Self-Defense (Ho Shin Sul) | Breaking Techniques (Kyuk Pah) | Free Sparring | Minimum Time in Rank |
|----------------------|-----------------|--------------------------------|----------------------------------|-------------------------------------|----------------------------|--|---------------|----------------------|
| White Belt | 10th & 9th | Chon-Ji | One-Step #1-7 | | Back Fall Side Fall | | | 1-2 months |
| Yellow Belt | 8th | Bo-Chun | One-Step #8-12 | | Front Fall Front Roll | | | 2 months |
| Orange Belt | 7th | Dan-Gun | One-Step #13-17 | | Wrist Escapes #1-3 | | 1 vs. 1 | 2 months |
| Green Belt | 6th | Do-San | One-Step #18-22 | | Wrist Escapes #4-6 | | 1 vs. 1 | 2 months |
| Dark Green | 5th | Won-Hyo | One-Step # 23-27 | | Arm-Bar #1-2 | | 1 vs. 1 | 2 months |
| Blue Belt | 4th | Yul-Gok | One-Step # 28-32 | Three-Step #1-4 | Ho-Shin-Sul #1-3 | | 1 vs. 1 | 2 months |
| Dark Blue Belt | 3rd | Joong-Gun | One-Step #33-37 | Three-Step #5-8 | Ho-Shin-Sul #4-6 | | 1 vs. 1 | 2 months |
| Brown Belt | 2nd | Toi-Gye | One-Step #38-42 | Three-Step #9-12 | Ho-Shin-Sul #7-9 | Elbow Front Kick/ Side Kick | 1 vs. 1 | 2 months |
| Red Belt (1 Stripes) | 1st (1 Stripe) | Hwa-Rang Taeguk 8 | One-Step #43-47 | Three-Step #13-16 | Sohn Bae Ki | Palm Strike | 1 vs. 1 | 2 months |
| Red Belt (2 Stripes) | 1st (2 Stripes) | Taeguk 8 Simmudo | | | | Side Kick/ Drop Kick | 1 vs. 1 | 2 months |
| Red Belt (3 Stripes) | 1st (3 Stripes) | Taeguk 8 Simmudo | One-Step #48-52 | Three-Step #17-20 | Sun Sohn Mok | Knife-Hand Strike | 1 vs. 1 | 2 months |
| Red Belt (4 Stripes) | 1st (4 Stripes) | Simmudo Choong-Moo | | | | Round Kick/ Spin-Side Kick | 1 vs. 1 | 2 months |
| Black Belt R | 1st Dan R | Choong-Moo Koryo Simmudo | One-Step #53-60 | Three-Step # 21-25 | Chiru Ki Sool | Round Kick* Side Kick* Spin-Side Kick* | 1 vs. 1 | 4 months |

Those who are required to break boards need to pick one hand technique and at least one foot technique.

*Black Belt R holders may choose to perform two to three foot techniques or perform one foot technique separately with both legs.