White Belts

- **Meaning:**
  - Innocence, purity, or beginner
- **Form Name:**
  - Chon-Ji (The Heaven, The Earth)
  - 14 moves
- **Stripes:**
  - Green: Basic Stances (5)
  - Blue: Chon-Ji
  - Red: Escape Skills/ARC Skills (5/Break Falls)
  - Black: Testing Ready

Yellow Belts

- **Meaning:**
  - Signifies Earth, from which plants take root as TaeKwonDo foundation is being laid
- **Form Name:**
  - Dan-Gun (Named from the holy Dan-Gun, legendary founder of Korea in 2333 B.C.)
  - 21 moves (Junior Stop Move 8)
- **Stripes:**
  - Green: Blocks (8)
  - Blue: Dan-Gun
  - Red: One-Steps (Juniors 1-3/Adults 1-5)
  - Black: Testing Ready

Green Belts

- **Meaning:**
  - Signifies the plant’s growth as the TaeKwonDo skill begins to develop
- **Form Name:**
  - Do-San (The pen name of Ahn-Chang-Ho, furthering education/independence)
  - 24 moves (Junior Stop Move 8)
- **Stripes:**
  - Blue: Do-San
  - Red: Sparring Flow Drills
  - Black: Testing Ready
Blue Belts

- Meaning:
  - Signifies Water, which nourishes plants as it grows, knowledge of TaeKwonDo is growing
- Form Name:
  - Won-Hyo (a noted monk in Korean History. Greek Myth., Prometheus, the wisest Titan who stole fire from Mount Olympus and gave it to a man to light the darkness.)
  - 28 moves (Junior Stop Move 12)
- Stripes:
  - Blue: Won-Hyo
  - Red: Target Drills
  - Black: Testing Ready

Purple Belts

- Meaning:
  - Signifies the evening sky, towards which the plants matures into a towering tree as your training in TaeKwonDo progresses.
- Form Name:
  - Hwa-Rang (named after the Korean Hwa-Rang elite youth group which originated in the Silla Dynasty. The Hwa-Rang Do were elite warrior-scholars who protected the king.)
  - 29 moves (Junior Stop Move 15)
- Stripes:
  - Blue: Hwa-Rang
  - Red: ARC Techniques
  - Black: Testing Ready

Red Belts

- Meaning:
  - Signifies Danger, cautioning the student to exercise control and warning the opponent to stay away.
- Form Name:
  - Choong-Moo (A Korean Admiral of the Yi Dynasty. He was reputed to have invented the first armored battleship.)
  - 30 moves (Junior Stop Move 18)
- Stripes:
  - Blue: Choong-Moo
  - Red: ARC Techniques
  - Black: Testing Ready