

Geup	Belt	Requirements	Push-Ups	Ki Test	Time Requirements
8th	Orange	Ssangsoo Gumbup Il Bun Gyuk Gum Il Bun	Youth- 8 Push-ups Adult- 12 Push-ups	Perform: Gaeun Kigong	2 Months
7th	Yellow	Ssangsoo Gumbup Ee Bun and Sam Bun Gyuk Gum Ee Bun and Sam Bun	Youth- 12 Push-ups Adult- 16 Push-ups	Paper Cutting: Straight Cut	2 Months
6th	Green	Ssangsoo Gumbup Sa Bun and Oh Bun Gyuk Gum Sa Bun and Oh Bun	Youth- 16 Push-ups Adult- 20 Push-ups	Paper Cutting: Cross Cut	2 Months
5th	Blue	Ssangsoo Gumbup Yuk Bun and Ch'il Bun Gyuk Gum Yuk Bun and Ch'il Bun	Youth- 8 Push-ups w/Fist Adult- 16 Push-ups w/Fist	Youth- Snuff 1 Candles Adult- Snuff 1 Candles	2 Months
4th	Blue/ Red	Ssangsoo Gumbup P'al Bun and Ku Bun Gyuk Gum P'al Bun and Ku Bun	Youth- 12 Push-ups w/Fist Adult- 20 Push-ups w/Fist	Youth- Snuff 1 Candles Adult- Snuff 2 Candles	2 Months
3rd	Brown	Ssangsoo Gumbup Ship Bun and Ship Il Bun Gyuk Gum Ship Bun and Ship Il Bun	Youth- 8 Push-ups w/5 Fingers Adult- 16 Push-ups w/5 Fingers	Youth- Snuff 2 Candles Adult- Snuff 3 Candles	2 Months
2nd	Red	Ssangsoo Gumbup Ship Ee Bun Gyuk Gum Ship Ee Bun	Youth- 12 Push-ups w/5 Fingers Adult- 20 Push-ups w/5 Fingers	Youth- Snuff 2 Candles Adult- Snuff 4 Candles	2 Months
1st	Red/ Black	Shimsang Gumbup # 1, 2	Youth- 16 Push-ups w/5 Fingers Adult- 16 Push-ups w/4 Fingers	Youth- Snuff 3 Candles Adult- Snuff 5 Candles	2 Months
1st Dan	Black	Shimsang Gumbup # 1, 2, 3, 4	Youth- 20 Push-ups w/5 Fingers Adult- 16 Push-ups w/3 Fingers	Youth- Snuff 3 Candles Adult- Snuff 5 Candles	2 Months