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Minimum Time Requirements For Promotion

Rank	Number of Classes	Time In Grade (In Months)	Total Months
White to Yellow	15	1 Month	1
Yellow to Senior Yellow	48	6 Months	7
Senior Yellow to Green	48	6 Months	13
Green to Senior Green	48	6 Months	19
Senior Green to Blue	48	6 Months	25
Blue to Senior Blue	48	6 Months	31
Senior Blue to Red	48	6 Months	37
Red to Deputy Black	48	6 Months	43
Deputy Black to Black	48	6 Months	49
1 st Dan/Poom to 2 nd Dan/Poom	Poom under age 15	1 - 2 Years	Significant Regular Training & Assistant Teaching
2 nd Dan/Poom to 3 rd Dan/Poom	Poom under age 15	2 - 3 Years	Significant Regular Training & Independent Teaching
3 rd Dan/Poom to 4 th Dan/Poom	Poom under age 19	3 - 4 Years	Significant Contribution to the School / Continued Training
4 th Dan/Poom to 5 th Dan/Poom	No Poom Rank Must be 25 Years Old	4 - 5 Years	Significant Contribution to the Martial Arts

The minimum number of classes and months are based on a 2 class per week schedule. If you attend more than 2 classes per week, it is possible to have the minimum number of classes before the minimum time in grade - however, you must still meet the minimum time in grade requirement before being eligible for testing. It is also possible to have the minimum time in grade, but not meet the number of classes because you have attended less than 2 classes per week. In order to be eligible to test, you must meet the minimum requirements in both classes and time in grade. To successfully promote, you must demonstrate proficiency appropriate to your rank. Generations strongly encourages all students to attend at least 3 classes per week. Doing the minimum often results in mediocrity.