

SunDo

Promotion Requirements

Jung Ki Dan Boup (Centering Stage)



White Belt I - Jung Ki Dan Boup I

120 practices (minimum)

Class participation at least once a week

\$25 promotion fee

A one-page typed essay on your SunDo experience

- due at least three weeks prior to White Belt II promotion ceremony



White Belt II - Jung Ki Dan Boup II (White Belt with Yellow Stripe)

120 practices (minimum)

Class participation at least once a week

\$25 promotion fee

A one-page typed essay on your SunDo experience

- due at least three weeks prior to Yellow Belt promotion ceremony

Keon Gon Dan Boup (Connecting Sky and Earth Energy)



Yellow Belt - Keon Gon Dan Boup

140 practices (minimum)

Consistency of regular practice

\$35 promotion fee

A three-page typed essay on your SunDo experience

- due at least three weeks prior to Red Belt I promotion ceremony

One three-day retreat before promotion to Red Belt I

Won Ki Dan Boup (Working with Primordial Energy)

Red Belt I



Red Belt I - Won Ki Dan Boup I

45 practices each set (Sets 1-10)

\$35 promotion fee

- due at least three weeks prior to Red Belt II promotion ceremony
- One three-day retreat before promotion to Red Belt II

Red Belt II



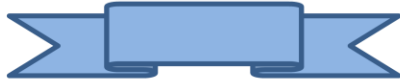
Red Belt II - Won Ki Dan Boup II (Red Belt with Blue Stripe)

45 practices each set (Sets 11-20)

\$35 promotion fee

- due at least three weeks prior to Blue Belt promotion ceremony
- One three-day retreat before promotion to Blue Belt

Blue Belt



Blue Belt - Won Ki Dan Boup III:

45 practices each set (Sets 21-30)

\$35 promotion fee

- due at least three weeks prior to Grey Belt promotion ceremony
- One three-day retreat before promotion to Grey Belt

Chook Ki Dan Boup (Grey Belt) & Jin Ki Dan Boup (Black Belt)

Please ask your instructor for more detailed information about promotion requirements at the grey and black level.

Proper healing of body, mind and spirit is more important than promotion. Some practitioners may require longer healing periods at certain levels. The purpose of SunDo practice is to achieve better health and take responsibility for our lives.

