

◆ **Student Training Program - Promotion Requirements** *Requirements at each level must be fulfilled before promotion to next level.*

Promotion Stages	Practice Level & Num. of Practices	Breathwork	Ability & Attitude	Retreat Attendance	Essay Paper	Promotion Fee	Instructor/Teacher Approval
Level 1 White	Set 1 white (100 practices) with correct postures	▪ Smooth, even & centered breathing	▪ 3 push-ups ▪ 5 sit-ups ▪ Half-Headstand (feet on floor) ▪ Consistent practice (1-2/wk)	None	One Page	\$25	Yes
Level 2 White -Yellow	Set 2 white-yellow (120 practices) with quality postures	▪ Increase in breathing strength	▪ 5 push-ups ▪ 10 sit-ups ▪ Half-headstand (feet off floor) ▪ Consistent practice (1-2/wk)	One 3-day	One Page	\$25	Yes
Level 3 Yellow	Set 3 yellow (140 practices) with quality postures	▪ Breathing has both elasticity & strength	▪ 10 push-ups ▪ 15 sit-ups ▪ Consistent practice (2-3/wk) ▪ Self-motivated	One 3-day	Three Pages	\$35	Yes + M. Kim approval
Level 4 Red	Sets 1-10 red; (45-60 practices each set) with quality postures	▪ All of above. ▪ Breathing without strain	▪ 20 push-ups ▪ 20 sit-ups ▪ Consistent practice (3-5/wk) ▪ Self-motivated ▪ Good attitude	One 3-day/yr	Three Pages	\$35	Yes + M. Kim approval
Level 5 Red-Blue	Sets 11-20 red-blue; (45-60 practices each set) with quality postures	▪ All of above	▪ All of the above ▪ Full headstand	One 3-day/yr One 5-day.	Three Pages	\$35	Yes + M. Kim approval
Level 6 Blue	Sets 21-30 blue; (45-60 practices each set) with quality postures	▪ All of above	▪ All of the above ▪ 30 push-ups ▪ 30 sit-ups	One 5-day/yr One Mountain	Five Pages	\$35	Yes + M. Kim approval
Level 7 Grey	Determined by M. Kim	▪ All of above	▪ All of the above ▪ Good character ▪ Open minded	One 5-day/yr One 9-day	Ten Pages	\$500 + Korea trip	M. Kim approval

◆ Instructor Training Program - Promotion Requirements

	Practice Level	Retreat Attendance	Essay Paper	Promotion Fee	Instructor/Teacher Approval
Student	2 White-Yellow	Three-day Retreat	Two Pages	\$50 entrance fee	Yes
Instructor Trainee	3 Yellow	Two 5-day retreats	None	\$50	Yes
Full Instructor	4-7 Red, Red-Blue, Blue, Grey	One 5-day/year Korea Trip at Grey	None	\$50	Yes + M. Kim approval
Senior Instructor	Black	One 5-day/year One 9-day	None	None	Yes + M. Kim approval
Teacher	Determined by M. Kim	One 5-day/year One 9-day	None	None	M. Kim approval

Essay Paper: Student's reasons for wanting to be an instructor & future instructor goals - 2 pages *in addition* to belt promotion paper.

Retreat Attendance: Retreat attendance for Instructor Requirements automatically *replace* the retreat requirements for belt promotions. A missed 5-day retreat may be made up with a 9-day retreat the following year. Instructor promotions happen at the summer retreat only.

◆ Distance Membership Requirements

	Retreat Attendance	Essay Paper	Distance Membership Fee
Student Training	One 3-day/year (includes white belt)	See belt promotion requirements	\$200/year
Instructor Program	See instructor requirements	See instructor requirements	\$200/year

Distance Members: Must reside outside of a 50-mile radius from any established SunDo center or instructor to qualify for this program.

◆ Retreat Fees

- ◆ **Standard Registration** (all levels) for 3-day, 5-day and 9-day

\$115/day

- ◆ **Early Registration**

\$95 Non-member, guest, current member & instructor trainee level for 3-day, 5-day and 9-day (...\$5 discount / day for 9-day retreat)

\$80 Instructor level

\$70 Senior Instructor level

\$60 Teacher level

◆ Winter Mountain Retreats Retreat Fees

- ◆ **Standard Registration** (no early-bird)

\$80 Non-member or guest level

\$70 Current Member & instructor trainee level

\$60 Instructor level

\$50 Senior Instructor & Teacher level