

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	<ul style="list-style-type: none"> ■ Smooth, even & centered breathing 	<ul style="list-style-type: none"> ■ 3 push-ups ■ 5 sit-ups ■ Half-Headstand (feet on floor) ■ Consistent practice (1-2/wk) 	None	One Page	\$45	Yes
Level 2 White -Yellow	Set 2 white-yellow (120 practices) with quality postures	<ul style="list-style-type: none"> ■ Increase in breathing strength 	<ul style="list-style-type: none"> ■ 5 push-ups ■ 10 sit-ups ■ Half-headstand (feet off floor) ■ Consistent practice (1-2/wk) 	One 3-day	One Page	\$45	Yes
Level 3 Yellow	Set 3 yellow (140 practices) with quality postures	<ul style="list-style-type: none"> ■ Breathing has both elasticity & strength 	<ul style="list-style-type: none"> ■ 10 push-ups ■ 15 sit-ups ■ Consistent practice (2-3/wk) ■ Self-motivated 	One 3-day	Three Pages	\$55	Yes + M. Kim approval
Level 4 Red	Sets 1-10 red; (45-60 practices each set) with quality postures	<ul style="list-style-type: none"> ■ All of above. ■ Breathing without strain 	<ul style="list-style-type: none"> ■ 20 push-ups ■ 20 sit-ups ■ Consistent practice (3-5/wk) ■ Self-motivated ■ Good attitude 	One 3-day/yr	Three Pages	\$65	Yes + M. Kim approval
Level 5 Red-Blue	Sets 11-20 red-blue; (45-60 practices each set) with quality postures	<ul style="list-style-type: none"> ■ All of above 	<ul style="list-style-type: none"> ■ All of the above ■ Full headstand 	One 3-day/yr One 5-day.	Three Pages	\$65	Yes + M. Kim approval
Level 6 Blue	Sets 21-30 blue; (45-60 practices each set) with quality postures	<ul style="list-style-type: none"> ■ All of above 	<ul style="list-style-type: none"> ■ All of the above ■ 30 push-ups ■ 30 sit-ups 	One 5-day/yr One Mountain	Five Pages	\$65	Yes + M. Kim approval
Level 7 Grey	Determined by M. Kim	<ul style="list-style-type: none"> ■ All of above 	<ul style="list-style-type: none"> ■ 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
Instructor Trainee	White-Yellow or Higher	EU: Six 3-day retreats US & Canada: Two 5-day retreats + One 9-day	Two Pages	\$300 App fee	Yes
Full Instructor	Red or Higher	One 5-day/year, or a 9-day retreat every 2 years. Korea Trip at Grey	Two Pages	\$150 App Fee	Yes + M. Kim approval
Senior Instructor	Black	One 5-day/year One 9-day	5 Pages	\$100 App Fee	Yes + M. Kim approval
Teacher	Determined by M. Kim	One 5-day/year One 9-day	None	\$100 App Fee \$50 Five-year Renewal Fee	M. Kim approval

Application (Promotion) Fee: Paid at least three weeks before registration for your first retreat of each level.

Essay Paper: Due three weeks before your first retreat of each level. Topics cover your own teaching experiences as a SunDo instructor.

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

