

# 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
<b>Level 1</b> White	<b>Set 1 white</b> (100 practices) with correct postures	<ul style="list-style-type: none"> <li>▪ Smooth, even &amp; centered breathing</li> </ul>	<ul style="list-style-type: none"> <li>▪ 3 push-ups</li> <li>▪ 5 sit-ups</li> <li>▪ Half-Headstand (feet on floor)</li> <li>▪ Consistent practice (1-2/wk)</li> </ul>	None	One Page	\$35 to LV2	Yes – if branch fee is paid and instructor's certification is valid & current
<b>Level 2</b> White -Yellow	<b>Set 2 white-yellow</b> (120 practices) with quality postures	<ul style="list-style-type: none"> <li>▪ Increase in breathing strength</li> </ul>	<ul style="list-style-type: none"> <li>▪ 5 push-ups</li> <li>▪ 10 sit-ups</li> <li>▪ Half-headstand (feet off floor)</li> <li>▪ Consistent practice (1-2/wk)</li> </ul>	One 3-day	One Page	\$45 to LV3	Yes + M. Kim approval
<b>Level 3</b> Yellow	<b>Set 3 yellow</b> (140 practices) with quality postures	<ul style="list-style-type: none"> <li>▪ Breathing has both elasticity &amp; strength</li> </ul>	<ul style="list-style-type: none"> <li>▪ 10 push-ups</li> <li>▪ 15 sit-ups</li> <li>▪ Consistent practice (2-3/wk)</li> <li>▪ Self-motivated</li> </ul>	One 3-day	Three Pages	\$55 to LV4	Yes + M. Kim approval
<b>Level 4</b> Red	<b>Sets 1-10 red;</b> (45-60 practices each set) with quality postures	<ul style="list-style-type: none"> <li>▪ All of above.</li> <li>▪ Breathing without strain</li> </ul>	<ul style="list-style-type: none"> <li>▪ 20 push-ups</li> <li>▪ 20 sit-ups</li> <li>▪ Consistent practice (3-5/wk)</li> <li>▪ Self-motivated</li> <li>▪ Good attitude</li> </ul>	One 3-day/yr	Three Pages	\$55 to LV5	Yes + M. Kim approval
<b>Level 5</b> Red-Blue	<b>Sets 11-20 red-blue;</b> (45-60 practices each set) with quality postures	<ul style="list-style-type: none"> <li>▪ All of above</li> </ul>	<ul style="list-style-type: none"> <li>▪ All of the above</li> <li>▪ Full headstand</li> </ul>	One 3-day/yr One 5-day.	Three Pages	\$55 to LV6	Yes + M. Kim approval
<b>Level 6</b> Blue	<b>Sets 21-30 blue;</b> (45-60 practices each set) with quality postures	<ul style="list-style-type: none"> <li>▪ All of above</li> </ul>	<ul style="list-style-type: none"> <li>▪ All of the above</li> <li>▪ 30 push-ups</li> <li>▪ 30 sit-ups</li> </ul>	One 3-day/yr One 5-day.	Five Pages	\$55 to LV7	Yes + M. Kim approval
<b>Level 7</b> Grey	<b>Determined by M. Kim</b>	<ul style="list-style-type: none"> <li>▪ All of above</li> </ul>	<ul style="list-style-type: none"> <li>▪ All of the above</li> <li>▪ Good character</li> <li>▪ Open minded</li> </ul>	One 5-day/yr One 9-day	Ten Pages	\$500 + Korea trip to Black Belt	M. Kim approval

## Instructor Training Program - Promotion Requirements

	Practice Level	Retreat Attendance	Essay Paper	Promotion Fee	Instructor/ Teacher Approval
<b>Instructor Trainee</b> \$300 App Fee	<b>White-Yellow or Higher</b>	<b>EU:</b> Six 3-day retreats <b>US &amp; Canada:</b> Two 5-day retreats + One 9-day	Two Pages	---	Yes
<b>Full Instructor</b> \$150 App Fee	<b>Red or Higher</b>	One 5-day/year <u>OR</u> a 9-day retreat every 2 years, Korea Trip at Grey Belt	Ten Pages	---	Yes + M. Kim approval
<b>Teacher</b> \$100 App Fee	<b>Black</b>	One 5-day/year One 9-day every 5 years	None	\$50 Five-year Renewal Fee	M. Kim approval

- ◆ **Application and Promotion Fees:** Paid at least three weeks in advance.
- ◆ **Branch Fees:** \$600/year and current certifications for any instructor/teacher and center coordinator is required for students' promotions.
- ◆ **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:** Only valid if they take place at the summer retreat with approval from Master Kim.
- ◆ **Teacher Recommendations and Retreat Requirements for Beginner-level Students**  
For promotion, a level one white belt student must have his or her breathing evaluated by and obtain a recommendation from a local SunDo Teacher (not instructor or senior instructor). This Teacher must also 1.) practice and teach at the same center and 2.) have completed the SunDo Breath Work Certification Course.

In addition, all level one students must attend at least one day or more of a official in-person retreat led by an two Associate Master level teachers or higher.

## Distance Membership Requirements

	Retreat Attendance	Essay Paper	Distance Membership Fee
<b>Student Training</b>	One 3-day/year (includes white belt)	See belt promotion requirements	\$200/year
<b>Instructor Program</b>	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.
- ◆ If taking classes online, distance members must also pay the \$200 distance fee and attend a 3-day retreat for all belt promotions.

## Retreat Fees

- ◆ **Standard Registration Rate**

**\$135/day**

- ◆ **Early-bird Registration Rates**

**\$105 Students, Instructor Trainees**

**\$95 Instructors**

**\$85 Teachers**

**\$75 Associate Masters**

*\*For a 9-day summer retreat registration  
... all levels may receive a discount of \$10 per day.*

- ◆ **Retreat Cancellation Policy**

**7 days before a retreat:** 50% of retreat fee refunded

**3 days before a retreat:** 30% of retreat fee refunded

**After start of retreat:** No refunds