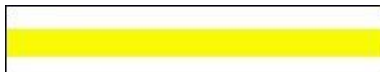




REQUIREMENTS FOR PROMOTION

ATTAINING YELLOW STRIPE



MINIMUM ATTENDANCE 15 Classes from Last Promotion		
POOMSAE	KICKS	SELF-DEFENSE
1 st . 9 Movements of Taeguk il jang (Pattern 1) Symbolizes Heaven & Light	Front Kick	2 Techniques <ul style="list-style-type: none">Single Wrist GrabSingle Wrist Grab Palm Strike Break (Both Techniques Arm to Arm)
	Round Kick	
STRENGTH AND CONDITIONING 10 repetitions of the following exercises:		
Mountain Climbers	Jumping Jacks	Push-ups
SPARRING Not Required At This Level		
BREAKS Not Required At This Level		
KNOWLEDGE		
Meaning of Taekwondo:	Tae – to strike with the foot Kwon - to strike with the hand Do- the way or art	
Literal Translation:	The art of kicking and punching	
Counting in Korean	One	Hana
	Two	Dool
	Three	Set
	Four	Ne
	Five	Das-sut
	Six	Yuh-sut
	Seven	Il-gop
	Eight	Yuh-dul
	Nine	Ah-hop
	Ten	Yul
Meaning of White Belt	A white belt is symbolic of an empty cup ready to be filled. It represents innocence and the beginning of the journey. The seed is planted.	



REQUIREMENTS FOR PROMOTION

ATTAINING YELLOW



MINIMUM ATTENDANCE 15 Classes from Last Promotion		
POOMSAE	KICKS	SELF-DEFENSE
All 18 movements of Taeguk il jang (Pattern 1) Symbolizes Heaven & Light	Side Kick	3 Techniques <ul style="list-style-type: none">Previous 2 TechniquesSingle Collar GrabPalm Strike
	Sliding Side Kick	
	High Section Front Kick	
STRENGTH AND CONDITIONING 15 repetitions of the following exercises:		
Mountain Climbers	Push-ups	Squats
SPARRING 1 Round of 1 Minute		
BREAKS Not Required At This Level		
KNOWLEDGE		
Tenets of Taekwondo	Courtesy Integrity Perseverance Self-Control Indomitable Spirit	
Meaning of Yellow Belt	Yellow belt represents gold, which means truth. It is important that you be truthful to yourself and eliminate the effect of ego on the road to personal contentment. It also represents the planted seed, it is only a quality seed that can grow into a quality plant. The planted seed cannot expect to grow into something it is not. We must accept who we are as individuals and excel to the best of our abilities.	
FULL SPARRING PACKAGE REQUIRED ONCE YELLOW BELT IS AWARDED		



REQUIREMENTS FOR PROMOTION

ATTAINING GREEN STRIPE



MINIMUM ATTENDANCE 22 Classes from Last Promotion		
POOMSAE	KICKS	SELF-DEFENSE
Taeguk EE jang (Pattern 2) Symbolizes Lake	360° Round Kick	4 Techniques <ul style="list-style-type: none">Previous 3 TechniquesSingle Collar Grab with Elbow Lockout
	Back Kick	
	Sliding Round Kick	
STRENGTH AND CONDITIONING 20 repetitions of the following exercises:		
Crunches	Jump Squats	Push-ups
SPARRING 2 Rounds of 1 Minute		
BREAKS Back Kick		
KNOWLEDGE		
Student Oath	I shall respect my instructor and fellow students I shall never misuse taekwondo I will practice the tenets of taekwondo I shall respect my parents and elders I shall obey all laws, both moral and those set forth by my country	
Terminology	Attention - Cha-ryut Bow - Kyung-neh Get Ready - Joom-be Begin - Shi-jack	
Why do we yell (ki-up) in Taekwondo?	A ki-up generates power and speed to a technique. It focuses the practitioner’s energy, shows confidence and intimidates an opponent.	



REQUIREMENTS FOR PROMOTION

ATTAINING GREEN



MINIMUM ATTENDANCE		
30 Classes from Last Promotion		
POOMSAE	KICKS	SELF-DEFENSE
Taeguk sam jang (Pattern 3) Symbolizes Fire & Sun	Jumping Side Kick	5 Techniques <ul style="list-style-type: none">Previous 4 TechniquesReverse Collar Grab
	Jumping Front Kick	
	High Section Round Kick	
STRENGTH AND CONDITIONING		
25 repetitions of the following exercises:		
Burpies	Jumping Jacks	Kneel Downs
SPARRING		
2 Rounds of 1 Minute		
BREAKS		
Jumping Side Kick or Jumping Front Kick		
KNOWLEDGE		
Terminology	Hogu – Chest Protector Dobok – Uniform Dojang – Training Area or Gym	
Names of the Two Major Governing Taekwondo Bodies	W.T.F. World Taekwondo Federation I.T.F. International Taekwondo Federation	
Meaning of Green Belt	Green belt symbolizes growth. In living for the future, growth is essential. Since growth is normally associated with change, we must accept changes although they may cause feelings of insecurity. Techniques learned up to this point should be polished and improved. The seed begins to grow.	



REQUIREMENTS FOR PROMOTION

ATTAINING BLUE STRIPE







MINIMUM ATTENDANCE 38 Classes from Last Promotion		
POOMSAE	KICKS	SELF-DEFENSE
Taeguk sah jang (Pattern 4) Symbolizes Thunder	Ax Kick (all 3 variations)	6 Techniques <ul style="list-style-type: none">Previous 5 TechniquesHeadlock
	Crescent Kick	
	High Section Side Kick	
STRENGTH AND CONDITIONING 30 repetitions of the following exercises:		
Mountain Climbers	Squats	Crunches
SPARRING 2 Rounds of 1 Minute		
BREAKS Ax Kick (any variation) or High Section Side Kick		
KNOWLEDGE		
The 1988 Seoul Summer Olympic Games was the first year Taekwondo appeared as a demonstration sport.		
Taekwondo became an official medal event at the 2000 Games in Sydney, Australia.		
It is estimated that 80 million people world-wide practice Taekwondo, making it the most popular martial art in the world.		
Taekwondo is the national sport of South Korea.		
The World Taekwondo Federation (WTF) was established on May 28, 1973.		
Terminology	Front Kick - Ap Cha-gi Round Kick - Dol-yo Cha-gi Side Kick - Yup Cha-gi	



REQUIREMENTS FOR PROMOTION

ATTAINING BLUE



MINIMUM ATTENDANCE			
45 Classes from Last Promotion			
POOMSAE		KICKS	SELF-DEFENSE
Taegok oh jang (Pattern 5) Symbolizes Wind	Hook Kick		7 Techniques <ul style="list-style-type: none">Previous 6 TechniquesBear Hug
	Spinning Hook Kick		
	High Section Back Kick		
STRENGTH AND CONDITIONING			
35 repetitions of the following exercises:			
Crunches	Jumping Jacks	Kneel Downs	Mountain Climbers
SPARRING			
2 Rounds of 1 Minute			
BREAKS			
Spinning Hook Kick or High Section Back Kick			
KNOWLEDGE			
Meanings of the Trigrams on the South Korean Flat	<div><div></div><div>KunHeaven</div></div> <div><div></div><div>YiFire</div></div> <div><div></div><div>KamWater</div></div> <div><div></div><div>KonEarth</div></div>		
Terminology	Low Block - Arae Mak-ki Middle Block - Moum-tong An Mak-ki High Block - Eol-gool Mak-ki		
Meaning of Blue Belt	Blue Belt symbolizes the sky or ocean. Although our naked eye can see only a portion of the vastness, this does not represent all there is. Blue represents maturity in the student and an awareness of the ongoing training and limitlessness of knowledge to be learned. The seed becomes a plant.		



REQUIREMENTS FOR PROMOTION

RED STRIPE



MINIMUM ATTENDANCE			
53 Classes from Last Promotion (Leadership Team 40 Classes)			
POOMSAE		KICKS	SELF-DEFENSE
Taegeuk Yuk Jang (Pattern 6) Symbolizes Water		Push Kick	8 Techniques <ul style="list-style-type: none">Previous 7 TechniquesFront Choke
		Double Round Kick	
		Stepping Back Kick	
STRENGTH AND CONDITIONING			
40 repetitions of the following exercises:			
Jump Squats	Push-ups	Jumping Jacks	Crunches
SPARRING			
3 Rounds of 1 Minute			
BREAKS (2)			
Palm Strike and Stepping Back Kick			
KNOWLEDGE			
5 Components of Physical Fitness		Cardiovascular	
		Strength	
		Endurance	
		Flexibility (Flexibility is the hardest to achieve and is the quickest to be lost)	
		Body Composition	
2 Classes of Stretches Commonly used in Taekwondo are Static and Dynamic		Static stretch involves holding a stretch for an extended period of time.	
		Dynamic stretch is the gentle active motion of stretching	



REQUIREMENTS FOR PROMOTION

RED



MINIMUM ATTENDANCE			
61 Classes from Last Promotion (Leadership Team 46 Classes)			
POOMSAE		KICKS	SELF-DEFENSE
Taegeuk Chil Jang(Pattern 7) Symbolizes Mountain	Jumping Round Kick		9 Techniques <ul style="list-style-type: none">Previous 8 TechniquesGround Choke
	Double Side Kick		
	Front/Back Kick Combo		
STRENGTH AND CONDITIONING			
45 repetitions of the following exercises:			
Mountain Climbers	Lunges	Jump Squats	Crunches
SPARRING			
3 Rounds of 1 Minute			
BREAKS			
Double Side Kick and Single Punch Reverse Elbow (2)			
KNOWLEDGE			
Meaning of Red Belt		The Red Belt Represents the brightness and energy of the sun and is symbolic of the physical acts of the individual. It is only through physical activity that an individual is given identity through his/her mental depth and capabilities. It is through the physical training in Taekwondo that an education of the mind and evaluation of self occurs. By overcoming physical setbacks, stressful situations and disappointment through perseverance and determination the development of Indomitable Spirit takes place, the ultimate goal of Taekwondo.	
Aerobic vs Anaerobic		Generally speaking Aerobic and Anaerobic are terms used to describe the intensity and duration of specific exercises. Aerobic exercise is low to mid intensity performed over an extended period of time. Anaerobic is mid to high intensity exercise performed over a short period of time. Both exercises are important in Taekwondo training, however, anaerobic exercise most closely mimics self-defense and competition sparring situations.	



REQUIREMENTS FOR PROMOTION


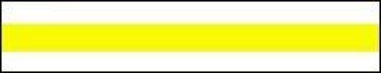








BLACK STRIPE



MINIMUM ATTENDANCE			
68 Classes from Last Promotion (Leadership Team 51 Classes)			
POOMSAE		KICKS	SELF-DEFENSE
Taegeuk Pal Jang (Pattern 8) Symbolizes Earth	Jumping Back Kick		10 Techniques <ul style="list-style-type: none">Previous 9 TechniquesOverhead Stick Strike
	Jumping Spinning Hook Kick		
	Side Kick Single Punch Combo		
STRENGTH AND CONDITIONING			
50 repetitions of the following exercises:			
Burpies	Jump Squats	Mountain Climbers	Lunges
SPARRING			
3 Rounds of 1 Minute			
BREAKS			
Side Kick Single Punch Combo, Ridge Hand Strike, Knife Hand Strike			
KNOWLEDGE			
What is the Kukkiwon?	Kukkiwon is the name of the World Taekwondo Headquarters. It laid the groundwork for Taekwondo's globalization by holding the first World Taekwondo Championship and by establishing the World Taekwondo Federation (WFT) in 1973. The Kukkiwon is also the body responsible for Dan/Poom (Black Belt) certification. The Kukkiwon's 3 main goals are: 1. To strengthen international competitiveness of Taekwondo by establishing the World Taekwondo Federation. 2. Develop future leaders that excel physical, mentally and socially. 3. Establish the Dan/Poom promotion test to maximize the value of Taekwondo training.		
What is the best Martial Art?	The best Martial Art is the one you keep practicing. All styles have their benefits or they would have died out long ago. The more important question is which style is more suited to you and which one do you enjoy the most.		
Why do you want to achieve Black Belt?	-----		



REQUIREMENTS FOR PROMOTION

QUICK REFERENCE SELF-DEFENSE TECHNIQUES	
	Single Wrist Grab (arm to arm)
	Single Wrist Grab Palm Strike Break (arm to arm)
	Single Collar Grab with Palm Strike
	Single Collar Grab with Elbow Lockout
	Reverse Collar Grab
	Headlock
	Bear Hug
	Front Choke
	Ground Choke
	Overhead Stick Strike