

# ADVANCED BLUE BELT

## Four Bands & Time Requirements

**Yellow Band:** Form - Tae Geuk Yuk (6) Jang

**Green Band:** One Step Sparring

**Red Band:** Self Defense

**Black Band:** Knowledge and proper execution of all belt testing requirements including curriculum, kicking technique, the Black Belt Philosophy, and vocabulary.

**Time:** Average 3-4 months based on student's attendance, knowledge of curriculum, and "personal best" performance.

## Kicking Skills & Other Techniques

- Butterfly Kick
- Breaking - Jumping Spin. Heel
- Palm Block
- Double Low Block

## Black Belt Philosophy: Cooperation

### *"Together Everyone Achieves More"*

The teamwork and camaraderie that Taekwondo develops is very strong and beneficial. Everyday you work with your classmates to accomplish your goals; taking turns holding targets to develop more powerful kicks, working with a partner to learn self defense and sparring. When you cooperate and help each other you both achieve more!

For example, when a higher-ranking student assists a lower ranking one, they both improve their skills. The lower belt gets to see an example of superior techniques, while the senior belt gets an opportunity to improve his or her technical understanding, confidence, and leadership.

Behind every individual success there is a team. It is important to be self-confident and self-motivated. At the same time, it is also important to be humble and to acknowledge the role that others play in your success. If you have a big challenge in front of you, think about how you can cooperate with others to solve it. You will find that cooperating with others will allow you to achieve more in everything that you do.

