

BLUE BELT

Four Bands & Time Requirements

Yellow Band: Form - Tae Geuk Sah (4) Jang

Green Band: One Step Sparring

Red Band: Tying Your Belt & Falling Techniques

Black Band: Knowledge and proper execution of all belt testing requirements including curriculum, kicking techniques, board breaking, 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

- Hook Kick
- Breaking - Spinning Heel Kick
- Double Knife Hand Block
- Spear Hand Strike

Black Belt Philosophy: Goal Setting

"Work hard to achieve your dreams!"

Taekwondo is distinct from all other forms of sport and recreation because it provides a built-in tangible goal system; the Black Belt curriculum. This curriculum provides short and long term goals represented by the different bands and belts. These smaller goals and steps build confidence and make it possible for all students to earn a Black Belt. By creating a path with smaller goals to accomplish first, we can make our dreams a reality in Taekwondo and in life!

The following formula will help you achieve your goals.

1. **Choose a Specific Goal:** Write down your goal with the specifics of what you want to accomplish. Set a deadline and make a timeline for accomplishing your goal.
2. **Design a Step-by-Step Plan:** Big goals will require a lengthy amount of time and effort. Like our band testing set benchmarks to track your progress and to keep yourself motivated.
3. **Take Consistent Action:** Do activities daily that will help you achieve your goal. Take pride in every bit of progress and improvement you make.
4. **Evaluate your Progress:** Constantly monitor and measure your results. If you like what you see keep moving forward. If something isn't working change your approach.

