

GREEN BELT

Four Bands & Time Requirements

Yellow Band: Form - Tae Geuk Ee (2) Jang

Blue Band: One Step Sparring

Red Band: Board Breaking - Back Kick

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

Time: Average 2-4 months based on student's attendance, knowledge of curriculum, and "personal best" performance.

Kicking Skills & Other Techniques

- Back Kick
- Single Knife Hand Block
- Simultaneous Block & Punch
- Sparring Counter Punch

Black Belt Philosophy: Confidence

"No one can make you feel inferior without your consent." - Eleanor Roosevelt

Confidence has to be earned! Although praise and motivation from one's instructors can be a factor, true confidence is created and maintained by accomplishing challenging tasks. In Taekwondo training there are many challenges you encounter and must overcome. Intricate forms, difficult board breaking, exhausting classes, and even testing. It is because of those experiences that you have a right to be confident in your physical, mental, and emotional strength.

When you diligently prepare and practice for any of life's challenges, you can face them with confidence and optimism. The success that you have in Taekwondo should encourage you about your potential for success in other activities. Be willing to step outside of your comfort zone, try new things, and develop new skills. Apply the confidence you have gained in Taekwondo to each new challenge. Face public speaking as confidently as you do belt testing. Learn a new skill with the enthusiasm you would express when learning a new form. Break limiting habits like you break boards!

