



HIGH BLUE BELT

Four Bands & Time Requirements

Yellow Band: Form - Tae Geuk Oh (5) Jang

Green Band: One Step Sparring

Red Band: Self Defense

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

- Jumping Back Kick
- Breaking Power Spinning Heel
- Hammer Fist
- Twisting Stance

Black Belt Philosophy: Perseverance (Never give up!)

"It does not matter how slowly you go, so long as you do not stop." -Confucius

"Your own resolution to success is more important than any other one thing." -Lincoln

Breaking boards, learning an advanced form, and sparring with a highly skilled partner is challenging at first, but keep working hard and don't get frustrated. If you rely on your instructors' guidance and resolve to persevere, you can be confident you will achieve your goals.

It's not uncommon for a Taekwondo student to undergo setbacks, feel like their progress is too slow, or to lose some enthusiasm for training. Remember to always share your concerns with an instructor. Not only have they lead hundreds of students through the challenges you face, but they likely went through it themselves. As a result, they can provide you with strategies, tips, or a motivational boost to help you overcome your hurdles. Taekwondo training cultivates a spirit of determination, perseverance, and indomitable spirit.

At this point, about one year into your training, you have already demonstrated your ability to persevere in Taekwondo. Learn to look at outside challenges as similar to Taekwondo challenges. Remember how far you have come and how things that once seemed difficult now are much easier. Recognize if you are a beginner at a new activity that progress takes time. Have confidence in yourself and your ability to overcome almost any obstacle through consistency and dedication.