

HIGH RED BELT

Four Bands & Time Requirements

Yellow Band: Form - Tae Geuk Pal (8) Jang

Green Band: One Step Sparring

Blue 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

- Breaking - Flying Side Kick
- Creative Butterfly Kick

Black Belt Philosophy: Indomitable Spirit

"Strength does not come from physical capacity; it comes from indomitable will"
-Mahatma Gandhi

A true Taekwondo student has indomitable spirit; a never give up, or give in, mindset that will help you achieve your goals despite obstacles, and to stand up for your principles in the face of adversity and peer pressure. Indomitable means unconquerable; impossible to defeat. Spirit is the core of one's self; it provides hope, strength, and courage. A person with indomitable spirit will never give up, even when it seems like everything is going wrong. Indomitable spirit will motivate you to keep working hard and trying your best when you lose a point in a sparring match, forget part of your form during a test, get pressured to do the wrong thing, or have a setback at school or work. With indomitable spirit you'll never fail, because you'll never quit, and keep going forward with optimism.

