

RED BELT

Four Bands & Time Requirements

Yellow Band: Form - Tae Geuk Chil (7) 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 - Jumping Side Kick
- Tiger Stance
- Scissor Block
- Covered Fist

Black Belt Philosophy: Integrity

"Whenever you do a thing, act as if all the world were watching" -Jefferson

A person with integrity does the right thing when nobody is looking; feels sorry when they do something wrong, and strives to correct their mistakes. Instead of offering excuses why they did the wrong thing, they hold themselves responsible for their actions and accept their consequences.

In the dojang, integrity is a strong commitment to learning Taekwondo and using it responsibly. As a student, you should try your best at all times. That means you should train hard even if the Master is not looking and put in your best effort even if you are not being judged or competing with others.

The ultimate goal of Taekwondo is to not only improve your Martial Arts skills, but to also become a good and balanced person with absolute integrity. Integrity requires you to commit yourself to ethical and honest behavior, even when it is not easy. It is especially difficult to maintain integrity when your peers are doing something wrong and encourage you to do the same. Stay strong, keep your integrity and you will earn respect.

