

MARTIAL ARTS

태권도

Student Curriculum



This curriculum booklet is your roadmap to success and a companion tool to help you on your martial arts journey.

Inside you'll find details on general expectations and procedures, specific rank requirements, concepts, terminology, and more!

By using this booklet alongside the instruction and guidance of your instructors, you'll develop the physical and mental attributes it takes to become a **BLACK BELT!**

This booklet belongs to:

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WELCOME TO THE ROCK

Congratulations on joining The ROCK Martial Arts!

Deciding to train in martial arts is a powerful step that could very well change your life forever. We, as your instructors, believe in you. We believe you were born for a purpose, and we are honored to have you on our team.

Your martial arts journey will be a lot of fun and a lot of hard work. As with any worthy endeavor, there will be times of progress and exhilaration, and times of feeling plateaued and burnt, but stick with it and know that it is worth it! We want you to get comfortable being uncomfortable because that's when growth happens.

We take your progress very seriously and do our best to set an extremely high standard for all our students. As your success coaches at The ROCK and in life, we are ready to challenge and encourage you to go beyond your limits. We hope that martial arts becomes a tool to help build momentum and passion that bleeds into every aspect of life.

We are very excited that you have chosen The ROCK as your martial arts home. We aim to make a positive impact in your life immediately, and for years to come. Please know we are here for you in whatever way we can.

Sincerely,



Master Darin Carr



MARTIAL ARTS CODE OF CONDUCT

As a martial artist you are held to high standards both on and off the mats. Choosing to be a martial artist encompasses much more than the physical skills you learn during training. You must cultivate a strong mindset and attitude of respect and humility.

CONDUCT WITHIN THE TRAINING HALL

- Bow before entering and leaving the mats
- Do not walk on the mats with your shoes. (Martial arts shoes are OK.)
- Avoid chewing gum during training.
- Use “Sir” and “Ma’am” when addressing or responding to instructors and other students.
- Keep your uniform and yourself clean.
- Keep toenails and fingernails trimmed.
- Take off all jewelry and watches before training.
- Your full uniform must be worn during training.
- A ROCK shirt may be worn instead of the uniform top between Memorial Day and Labor Day.
- If you have long hair, wear your hair pulled back during training.
- No free sparring without the supervision of an instructor.
- Respect yourself, instructors, other students, and school property.
- Do nothing to dishonor yourself, the school, or your instructors.
- Be responsible for your actions and their consequences.

CONDUCT OUTSIDE THE TRAINING HALL

- Be an example of service and kindness to others.
- Do not wear your belt outside.
- Do not demonstrate or show off any of your martial arts techniques, especially in school. If your friends want to see you in action, invite them to train with you at The ROCK.
- Do not use martial arts techniques in play, they are only used in self defense when no other choice is available.



STUDENT RESPONSIBILITY

Always take your training seriously and always give your best attitude and effort in class. The training you receive will positively affect your life for years to come, and may even save your life one day.

IN CLASS

- Follow the Code of Conduct (Found on page 2.)
- Show up with a great attitude. (Promotion requirement, see page 5.)
- Give your best effort. (Promotion requirement, see page 5.)
- Attend at least 2 classes each week and make up missed classes when possible. Remember that you can come to as many classes as you can each week.
- Have your uniform, belt, and sparring equipment with you for every class.
- Arrive to class 5 minutes early, and leave promptly after class.
- Ask questions!



AT HOME

- Practice 2-3 days per week at home for at least 10 minutes at a time. This will really help you retain and improve the skills and concepts practiced during class.
- Study your terminology requirements. These will be covered in class but by studying at home you can show up to class prepared with the answers. Additionally, you'll have to pass a written exam covering all of the terminology prior to each rank promotion.

SEEK OUT ADDITIONAL RESOURCES

- Private lessons are always available to you and are a fantastic way to get ahead and rapidly advance your skill or to make up for missed classes. Talk to your instructor to schedule one-on-one training that fits your schedule and interests. Don't forget that one private lesson was included in your enrollment that you can use during your first year of training.
- Check out our app for videos, tutorials, walkthroughs, and more!

PARENT RESPONSIBILITY

As a parent of a martial artist, we respectfully ask for your help and support with your child's training. Martial arts is not an activity where they simply show up, train, and then go home. Their training will be much more intensive and demanding than other activities because we seek to make a resonating impact that will extend into every other area of their life.

Please read through the following guidelines from time to time. These will help you be the best support to your child during their training, whether they are 7 years old or 16.

INVOLVEMENT AT HOME

- Be involved! Read through their documents, emails, and rank requirements.
- Your child needs to practice the skills they learn in class while at home. This may require your help to locate curriculum specifics within this curriculum booklet, look up videos on our app, be a training partner, or even learn the techniques yourself!

DURING TRAINING

- While your child is training at The ROCK, your job is to maintain a peaceful atmosphere and provide your child with encouraging smiles.
- You are their parent, **NOT** their coach. Do not sideline coach your child (regardless of how much experience you may have) which will divide your child's attention. Any mistakes you may see as a parent, are not always the primary focus point of the instructors.
- Maintain respect for all students and staff by keeping your conversations quiet or outside if necessary.

WHEN THEY WANT TO QUIT

- From time to time, most students will go through phases where they don't want to go to class. As mentioned earlier, their training will be tough and demanding, but also very rewarding. If given the choice of whether they want to continue or not, they will often choose the easier path which is to quit. So don't leave this choice up to them.
- Encourage them to stick it out and learn the life lesson of perseverance. Life is hard, we want to prepare them for success. We can do this by helping them set realistic short-term goals (such as reaching their next rank before determining if they'll quit or not).
- **Talk to an instructor.** The instructor can set up private lessons or arrange a quick sit-down chat to rekindle their interest and enthusiasm.
- Watch a black belt testing. Black belt testings are an inspiring showcase of many of the skills students learn and are a great way to get your child more excited about training.

EARNING YOUR NEXT RANK

As you train you will earn new ranks, and if you stick with it you'll earn a black belt. Use the steps below as your roadmap to your next belt.

1) GATE-WAY REQUIREMENTS

The following requirements are the *GATE-way* to earning your next rank. Meeting these fundamental requirements must be an ongoing focus in every class and will pave the path to your success. Collectively, these are known as the "GATE."

G*rowth* - You must show physical, mental, and emotional growth between ranks. Constant and never-ending IMPROVEMENT is the key.

A*ttitude* - You must have a GREAT attitude both on and off the mats. This includes being positive, encouraging, and respectful to others.

T*eachable* - You must be able to follow the instructions, drills, and training objectives as outlined by your instructor. You listen to and apply the input from your instructors.

E*ffort* - You must consistently do your very best and give your level 10 effort. It's not what you do, but HOW you do it.

2) ABCs

Approximately midway through your rank, and as you consistently meet the GATE-way requirements, you'll receive your *Above & Beyond Challenges* (ABCs) booklet. This booklet contains challenges that you'll need to complete at home and will help you prepare for promotion.

3) RED STRIPES

When you complete and turn in your ABCs, you'll receive your red stripes which go on the tips of your belt. These stripes signify that you're dangerously close to promotion.

4) REQUIRED SKILLS

Once you have your red stripes, your instructors will be evaluating your proficiency in the *Required Skills* specific to your rank. You can find these skills listed on the following pages and in our app (participant profile) where you'll be able to see your progress and what you may need to focus on.

5) PROMOTION

Once you've shown proficiency in your required skills, you'll officially be eligible for promotion. On that day, you'll be called up to the front of class to show off a couple skills, break a board, and be awarded your new rank. No prior notice will be given as to when you'll be promoted; instructors will be looking for you to be at your best, so be prepared.

ATTENDANCE

Although there is a minimum class attendance requirement (45) for each rank, we ask you to mostly ignore this. Your eligibility for promotion hinges on your actual performance and growth, and not how many times you've shown up. We've had students with over 100 classes before they were promoted, and ultimately, instructors have the final say.

EARNING BLACK BELT

Your martial arts journey is like the growth of a tree. As you train, you'll grow deep strong roots through the fundamentals, which in turn, support the lofty branches that reach skyward, symbolizing all the techniques, skills, and concepts you'll develop on your path. Earning a ROCK black belt is the culmination of all the growth you've made through years of hard work, attention to detail, and mental dedication.

Black belt testings are conducted once or twice a year, and the test will be a large production where family members and ROCK students are invited to observe and cheer on the candidates. Depending on how many candidates there are, the testing will last around 4 hours and will push the candidates to their limits, and a little more. By the end of the day, candidates celebrate their accomplishments with the whole school and are awarded their black belt.

JUNIOR BLACK BELT (1ST POOM)

Tiger students train and work toward earning a Junior Black Belt, also known as "1st Poom." This is a half black and half red belt that has the student's name embroidered in gold letters. The requirements to earn a junior black belt are slightly different than the requirements for 1st degree black belt and are tailored for younger students..

After a student earns the prestigious rank of junior black belt, they will be able to earn higher ranks of junior black belt (2nd Poom, 3rd Poom, etc.) as they continue their training. Promotions to the next Poom rank will be done in class. Once the student is ready and is at least 14 years old, they will be eligible to test for their 1st degree black belt.

1ST DEGREE BLACK BELT (1ST DAN)

Adult martial artists train and work toward earning a 1st degree black belt, also known as "1st Dan." This is a solid black belt with the student's name embroidered in gold letters.

BEYOND BLACK BELT

Just as a tree never stops growing, your training will continue beyond 1st degree black belt. It is often said that earning a black belt is "just the beginning" of your martial arts journey. 1st degree is a sign that your basics are strong and your foundation is firm. Your training beyond 1st degree will build upon these solid roots.



WHITE BELT REQUIREMENTS

REQUIRED SKILLS (As a white belt: become proficient in these skills to earn yellow belt. Instruction videos are on our app!)

<i>General</i>	ATTENTION POSITION & BOW This includes not only bowing to your instructors and training partners, but also bowing before entering and exiting the mats. Your hands are tight by your side and your feet are together.
<i>Kicking Technique</i>	KICK TERMINOLOGY You understand the difference between a front leg kick, skip kicks, kicks in place, and kicks across the floor.
<i>Hand Technique</i>	PUNCH COMBOS 1-2 You punch with a proper fist, your hands return to your head after striking, and you pivot on your 2 punch.
<i>Self Defense</i>	SELF DEFENSE STANCE Your hands are up and communicate "STOP." Your knees are bent, toes forward, and weight over the balls of your feet in a state of readiness and explosiveness.
<i>Sport Combat</i>	SPARRING STANCE Your stance is wide and strong with bent knees. You stay light on your feet and on your toes.
<i>Leadership</i>	POLITE GREETING You can give a proper taekwondo handshake (left hand open and under the right elbow), and you can introduce yourself to other students.
<i>Auxiliary</i>	TIE YOUR OWN BELT You can quickly tie your own belt. When you tie your belt you turn around to show respect.

TERMINOLOGY (Study this for your Above & Beyond Challenge 2: terminology exam)

<i>What does white belt represent?</i>	PURITY & COURAGE Like clean fresh snow, the white belt signifies innocence and purity. It also stands for courage; the courage it takes to begin a new course in your life.
<i>What does yellow belt represent?</i>	GRAIN OF THE EARTH The yellow belt signifies the "grain of the earth." This is the beginning and foundation of your training as you begin to sprout and take root like a seed that will blossom into a great tree.
<i>Why do we bow?</i>	TO SHOW RESPECT Bowing is one of many ways to show respect and humility to our instructors and fellow students. It is considered the most powerful of all martial arts techniques and is the first lesson a student should learn.
<i>Where does taekwondo originate?</i>	KOREA
<i>Count to 10 in Korean</i>	HANA, DUL, SET, NET, DASUT, YASUT, ELGUP, YEODUL, AH-HOPE, YUL

ABOVE & BEYOND CHALLENGES (See p.5 to learn more about when you'll receive your ABCs booklet)

1) <i>Essay: Why are you training in martial arts?</i>	5) <i>Fitness: Jumping Jacks</i> (1 min x 5 days)
2) <i>Terminology: Open Note Exam</i>	6) <i>Mental: Acts of Kindness</i> (3)
3) <i>Martial Skill: High Chamber Hold</i> (2 min/side x 5 days)	7) <i>Success Coach: Milestone Meeting</i>
4) <i>Discipline: Stand Still</i> (10 minutes)	8) <i>Recommendation: Parent Teacher Form</i> (youth only)

PROMOTION DEMONSTRATION

<i>Highlight: Punch combos 1-2 on mitts</i>	<i>Board Break: Front stomp</i>
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YELLOW BELT REQUIREMENTS

REQUIRED SKILLS (As a yellow belt: become proficient in these skills to earn orange belt. Instruction videos are on our app!)	
<i>General</i>	LINE UP & TRANSITIONS When you line up or need to get equipment, you do so quickly, quietly, with verbal acknowledgement, and snap to attention position upon reaching your spot. You can locate and line up with a partner quickly.
<i>Kicking Technique</i>	FRONT KICK You have a strong and consistent foot position, chamber, rechamber, pivot, and a smooth execution. You can perform all variations of this kick well (front leg, rear leg, skipping, etc.).
<i>Hand Technique</i>	CHOP BLOCKS You maintain proper elbow and hand height and don't overextend your arms when blocking. You block with the outside portion of your forearms (ulna bone).
<i>Self Defense</i>	SMOOTH WALKTHROUGH In self defense practice, you can slowly and smoothly walk through the scenarios from start to finish.
<i>Sport Combat</i>	FOOTWORK FUNDAMENTALS You use appropriate footwork during sparring to maintain your stance, balance, and distance. You understand footwork terminology and execute footwork movements well (step, slide, shuffle, etc.).
<i>Leadership</i>	STRONG "YES SIR" VOICE & KI-AHPs You use a strong audible voice with appropriate titles when addressing students and instructors (yes sir, yes ma'am). Your ki-ahp is a loud and powerful burst of energy and makes your techniques stronger.
<i>Auxiliary</i>	JUMPING JACKS Jumping jacks are performed with good technique and synchronization between your arms and legs.
TERMINOLOGY (Study this, and all previously required terminology, for your Above & Beyond Challenge 2: terminology exam)	
<i>What does orange belt represent?</i>	SUNRISE & SUNSET Orange belt represents the sunrise and sunset; the sun gives more life and energy, and now the seed has a greater reason to strive. You discover it is not always necessary to prove yourself to others.
<i>What is the significance of the ki-ahp?</i>	SPIRIT YELL The "Ki-ahp" is the martial artist's "spirit yell" used to focus your power to a specific point and to develop confidence and concentration.
<i>Who wrote the book The 7 Habits of Highly Effective People?</i>	STEPHEN R. COVEY Stephen Richards Covey (October 24, 1932 – July 16, 2012) was an American educator, author, businessman, and keynote speaker. His most popular book is The 7 Habits of Highly Effective People.
<i>What does ROCK stand for?</i>	RESPECT OBEDIENCE COURAGE KINDNESS The ROCK also stands for Jesus Christ.
<i>What is the meaning of taekwondo?</i>	THE WAY OF HAND & FOOT Tae = foot Kwon = hand Do = "art" or "the way of life and morality"
ABOVE & BEYOND CHALLENGES (See p.5 to learn more about when you'll receive your ABCs booklet)	
1) <i>Essay: What are your goals for orange belt?</i>	5) <i>Fitness: Sparring Stance Drill</i> (2 min x 5 days)
2) <i>Terminology: Open Note Exam</i>	6) <i>Mental: Thank About It</i> (x 25)
3) <i>Martial Skill: Front Kick</i> (2 min x 5 days)	7) <i>Success Coach: Skill Development</i> (2 min x 5 days)
4) <i>Discipline: Sugar Free</i> (3 days)	8) <i>Recommendation: Parent Teacher Form</i> (youth only)
PROMOTION DEMONSTRATION	
<i>Highlight: Front kick variations on a shield</i>	<i>Board Break: Front kick</i>

ORANGE BELT REQUIREMENTS

REQUIRED SKILLS (As an orange belt: become proficient in these skills to earn green belt. Instruction videos are on our app!)	
<i>General</i>	BATTLE READY You always bring your sparring gear to class and you are able to get it all on in less than 4 minutes. Your name is on all of your equipment and your mouthpiece is formed.
<i>Kicking Technique</i>	SIDE KICK You have a strong and consistent foot position, chamber, rechamber, pivot, and a smooth execution. You can perform all variations of this kick well (front leg, rear leg, skipping, etc.).
<i>Hand Technique</i>	PUNCH COMBOS 1-4 Your lead hook punch and reverse uppercut have proper weight shift and pivot. While throwing a punch in a combo, your other hand is up to protect your head.
<i>Self Defense</i>	V-STEP, MOVE FORWARD, TOUCH HIGH When an aggressor breaks the 3-foot rule, you explode forward with a v-step and touch high to disrupt their vision. You consistently v-step with the optimal foot and use the closest hand to touch high.
<i>Sport Combat</i>	RED ZONE DISTANCE MANAGEMENT While sparring, you maintain a proper distance from your opponent on the edge of the red zone. Additionally, you use good footwork to engage and disengage from the red zone.
<i>Leadership</i>	HOGU TYING You can quickly tie other students' hogu (chest protector).
<i>Auxiliary</i>	EFFECTIVE TEAM While working with a partner you train effectively and consistently to get meaningful practice. You can also rotate quickly within a group
TERMINOLOGY (Study this, and all previously required terminology, for your Above & Beyond Challenge 2: terminology exam)	
<i>What does green belt represent?</i>	GROWTH Green belt signifies growth and the developing of your skills. Knowledge of yourself and paying attention to details are of great importance.
<i>What is the first habit of highly effective people?</i>	BE PROACTIVE Being proactive means taking initiative toward achieving the life you want to live. It means assuming responsibility to make choices and to accept the consequences - good or bad. You must take the initiative to act, or resign yourself to be acted upon.
<i>What is focus point one?</i>	RATE YOURSELF ON A SCALE FROM ONE TO TEN Giving your absolute best effort in everything you do will develop self-discipline, mental toughness, and help you reach your potential.
<i>What is the meaning of self-discipline?</i>	Doing what you need to do, when you need to do it, whether you feel like it or not.
ABOVE & BEYOND CHALLENGES (See p.5 to learn more about when you'll receive your ABCs booklet)	
1) <i>Essay: What does black belt mean to you?</i>	5) <i>Fitness: Single Leg Pogo Hops</i> (1 min x 5 days)
2) <i>Terminology: Open Note Exam</i>	6) <i>Mental: Breathing</i> (3 min x 5 days)
3) <i>Martial Skill: Side Kick</i> (3 min x 5 days)	7) <i>Success Coach: Milestone Meeting</i>
4) <i>Discipline: Screen Free</i> (3 days)	8) <i>Recommendation: Parent Teacher Form</i> (youth only)
PROMOTION DEMONSTRATION	
<i>Highlight: Punch combos 1-4 on mitts</i>	<i>Board Break: Skip side kick</i>

GREEN BELT REQUIREMENTS

REQUIRED SKILLS (As a green belt: become proficient in these skills to earn purple belt. Instruction videos are on our app!)

<i>General</i>	PRECISION STRIKES Your punches and kicks are accurate. This encompasses excellent technique and speed to hit your target.
<i>Kicking Technique</i>	ROUNDHOUSE You have a strong and consistent foot position, chamber, rechamber, pivot, and a smooth execution. You can perform all variations of this kick well (front leg, rear leg, skipping, etc.).
<i>Hand Technique</i>	PALM STRIKE Your palm strike is powerful, explosive, and strikes with the heel of the palm with your fingers together.
<i>Self Defense</i>	ASSERTIVE VERBAL BOUNDARY You can establish an assertive verbal boundary to deescalate and evade conflict. While in class, you consistently use your voice prior to physical contact when appropriate.
<i>Sport Combat</i>	FLOW LIKE WATER You consistently use combinations of 3 or more techniques in sparring.
<i>Leadership</i>	SHIELD HOLDING You are a great shield holder with a strong stance, good distancing, and proper holding technique.
<i>Auxiliary</i>	AGILITY LADDER BASICS You can smoothly run basic ladder drills. (Single step, double step, wide outs, in-in-out-out, icky shuffle.)

TERMINOLOGY (Study this, and all previously required terminology, for your Above & Beyond Challenge 2: terminology exam)

<i>What does purple belt represent?</i>	ROYALTY Purple belt signifies royalty; you should discover power in physical movement. The power to change your emotional and physical state lies in the act of physical movement.
<i>What is the second habit of highly effective people?</i>	BEGIN WITH THE END IN MIND You don't take long road trips without first deciding on a destination. The same is true with life. You should write down your long term goals and then decide upon the best means of achieving them.
<i>What is focus point two?</i>	HEALTHY COMPETITION Healthy competition focuses on positivity and ensures that all parties involved become their best. It will put some focus on the bigger and more important picture than the immediate outcome. Healthy competition never highlights the flaws or shortcomings of others.
<i>What are the ABCs of self defense?</i>	AWARENESS BOUNDARY COMBAT There are two types of awareness: internal, and external. There are two types of boundary: physical and verbal. Proper application of awareness & boundary helps avoid combat, which is always the last resort.
<i>What does attention position teach?</i>	THE UNIFICATION OF THE MIND AND BODY This is one of the most important lessons in martial arts as it synchronizes our thoughts and actions.

ABOVE & BEYOND CHALLENGES (See p.5 to learn more about when you'll receive your ABCs booklet)

1) <i>Essay</i> : How will you benefit from another year of training?	5) <i>Fitness</i> : Pushups (1 min x 7 days)
2) <i>Terminology Exam</i> : Open Note Exam	6) <i>Mental</i> : Acts of Kindness (3)
3) <i>Martial Skill</i> : Roundhouse (3 min x 7 days)	7) <i>Success Coach</i> : Skill Development (3 min x 7 days)
4) <i>Discipline</i> : Cold Showers (5)	8) <i>Recommendation</i> : Parent Teacher Form (youth only)

PROMOTION DEMONSTRATION

Highlight: Roundhouse variations on paddles

Board Break: Verbal boundary setting into palm strike

PURPLE BELT REQUIREMENTS

REQUIRED SKILLS (As a purple belt: become proficient in these skills to earn blue belt. Instruction videos are on our app!)		
General	FOCUSED INTENSITY & MINDSET While training, your eyes are laser focused and your demeanor is serious and intense. All training practice is done with an evident emphasis on focus point 3 (see terminology below).	
Kicking Technique	AXE KICK You have a strong and consistent foot position, chamber, rechamber, pivot, and a smooth execution. You can perform all variations of this kick well (front leg, rear leg, skipping, etc.).	
Hand Technique	PUNCH COMBOS 1-6 All six of your basic punches and combos are performed with excellent technique and fluidity. Your hands stay up while throwing combinations and your footwork supports your strikes.	
Self Defense	“GOOD” BAD GUY You demonstrate an attackers mindset by using your voice and attacking with appropriate levels of force to create more realism and intensity. You realistically react to the defenders strikes showing that you understand body mechanics and how people react to injury.	
Sport Combat	INTENSITY CONTROL As an intermediate student, you show control and restraint when sparring lower ranks, and can also increase the intensity of your sparring when you’re with advanced students.	
Leadership	PADDLE HOLDING You are a great paddle holder with strong footwork, good distancing, and proper holding technique.	
Auxiliary	FOOTWORK DRILLS 1-2 You can smoothly and quickly perform footwork drills 1 and 2 (with any kick) on targets. You can also apply these footwork drills on your opponent while sparring.	
TERMINOLOGY (Study this, and all previously required terminology, for your Above & Beyond Challenge 2: terminology exam)		
What does blue belt represent?	SKY Blue belt represents the sky; like the tree growing toward the sky, so is the progress of your martial arts training - always upward.	
What is the third habit of highly effective people?	PUT FIRST THINGS FIRST In order to be successful in life, you must identify the things that are most important. This is different for everyone, but may include your personal faith or relationships with family and friends. Once identified, you must prioritize these things in regards to your time and energy to truly live the life you want.	
What is focus point three?	MAKE IT REAL This focus point refers to your mindset during training and encourages unity between the body and mind. You should visualize and see the application, situation, and setting of everything you practice.	
What is the black belt success cycle?	1) Know what you want 2) Have a plan 3) And a success coach 4) Take consistent action 5) Review your progress 6) Renew your goals	This is your blueprint to achieve black belt, or anything else that you want in life.
ABOVE & BEYOND CHALLENGES (See p.5 to learn more about when you’ll receive your ABCs booklet)		
1) Essay: How has martial arts impacted you life?		5) Fitness: Lower Body Stretch Routine (8 min x 7 days)
2) Terminology: Closed Note Exam		6) Mental: Thank About It (50)
3) Martial Skill: Punches 1-6 (3 min x 7 days)		7) Success Coach: Milestone Meeting
4) Discipline: Sugar Free (5 days)		8) Recommendation: Parent Teacher Form (youth only)
PROMOTION DEMONSTRATION		
Highlight: Choke defense		Board Break: Shield sparring into axe kick

BLUE BELT REQUIREMENTS

REQUIRED SKILLS (As a blue belt: become proficient in these skills to earn brown belt. Instruction videos are on our app!)	
<i>General</i>	COACH YOURSELF You can immediately implement instructor feedback and accurately follow directions. You actively apply habit 4, the 4 th focus point, and CANI (see terminology below) resulting in permanent improvement.
<i>Kicking Technique</i>	BACK KICK You have a strong and consistent foot position, chamber, rechamber, pivot, and a smooth execution. You can perform all variations of this kick well including trap back kick and jump back kick.
<i>Hand Technique</i>	BACK FIST & HAMMER FIST Your back fist and hammer fists are powerful and can be performed effectively in self defense.
<i>Self Defense</i>	TARGET IDENTIFICATION You effectively and consistently disrupt an attackers vision, breathing, and balance during self defense training. You apply the “closest target, closest weapon” and “high low” concepts.
<i>Sport Combat</i>	COUNTER ATTACKS You use a variety of effective and well timed counter attacks to disrupt your opponent in sparring.
<i>Leadership</i>	MITT HOLDING You are a great mitt holder with a strong voice, good engagement, and proper holding technique.
<i>Auxiliary</i>	THE CLINCH You can initiate a clinch while sparring. You can use variety of methods to successfully break the clinch in your favor.

TERMINOLOGY (Study this, and all previously required terminology, for your Above & Beyond Challenge 2: terminology exam)	
<i>What does brown belt represent?</i>	EARTH Brown belt signifies the earth. Roots of the tree go deep within the earth and grow stronger over time. You understand the value of a good foundation in martial arts.
<i>What is the fourth habit of highly effective people?</i>	THINK “WIN/WIN” Interdependence and cooperation are the best paths toward success. It shouldn’t be “my way or the highway”; it should be the “best way” where all parties feel good about the decision and feel committed to the action plan.
<i>What is focus point four?</i>	COACH YOURSELF Be proactive and take on the responsibility to make sure that you follow through with any guidance you’ve received in the past.
<i>What does CANI stand for?</i>	<u>CONSTANT AND NEVER-ENDING IMPROVEMENT</u> “I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.” ~ Bruce Lee
<i>What does PPPPP stand for?</i>	<u>PROPER PLANNING PREVENTS POOR PERFORMANCE</u> “If you fail to plan, you are planning to fail.” ~ Benjamin Franklin

ABOVE & BEYOND CHALLENGES (See p.5 to learn more about when you’ll receive your ABCs booklet)	
1) <i>Essay: What are your goals for brown belt?</i>	5) <i>Fitness: Sparring Squats</i> (1 min x 7 days)
2) <i>Terminology: Closed Note Exam</i>	6) <i>Mental: Breathing</i> (4 min x 7 days)
3) <i>Martial Skill: Back Kick</i> (4 min x 7 days)	7) <i>Success Coach: Skill Development</i> (4 min x 7 days)
4) <i>Discipline: Screen Free</i> (5 days)	8) <i>Recommendation: Parent Teacher Form</i> (youth only)

PROMOTION DEMONSTRATION	
<i>Highlight 1: Bear hug defense</i>	<i>Board Break: Paddle sparring into back kick</i>
<i>Highlight 2: Freestyle mitt combos</i>	

BROWN BELT REQUIREMENTS

REQUIRED SKILLS (As a brown belt: become proficient in these skills to earn high brown belt. Instruction videos are on our app!)		
General	ROCK SOLID FUNDAMENTALS All of your fundamental skills (stance, footwork, chamber/rechamber, hand positions, foot positions, verbal skills, self defense movements, and sparring skills) are consistent and beautifully executed together.	
Kicking Technique	HOOK KICK You have a strong and consistent foot position, chamber, rechamber, pivot, and a smooth execution. You can perform all variations of this kick well (front leg, skipping, turning, etc.).	
Hand Technique	ELBOW STRIKES Your elbows strikes are done with proper distancing and body rotation. You can perform powerful elbow strikes in self defense, on punch mitts, and on heavy bags.	
Self Defense	CONTROLLED CONTACT During self defense training, your strikes and techniques always make contact with your attacker in a safe and controlled manner.	
Sport Combat	TECHNICAL MASTERY You have effective offensive and defensive skills while sparring. This includes a mastery of basic footwork, proper head and hand positioning, and using the appropriate technique based on timing and distancing.	
Leadership	5 ACTS OF LEADERSHIP See your instructor for more details and to get your leadership packet.	
Auxiliary	KNEE STRIKES Your knee strikes are powerful and executed at the proper distance. In self defense, your knee strikes have a serious forward component to disrupt your attackers balance.	
TERMINOLOGY (Study this, and all previously required terminology, for your Above & Beyond Challenge 2: terminology exam)		
What is the fifth habit of highly effective people?	SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD Do not give advice and try to influence the situation until you know the situation. Do this by understanding the other person’s point of view before you impose our own thoughts and beliefs upon others.	
What does PCP stand for?	PRAISE CORRECT PRAISE This is the method used to suggest correction; there are two compliments as bookends to every correction.	
What does KISS mean?	KEEP IT SUPER SIMPLE	
What are the five tenets of taekwondo?	COURTESY	Always show courtesy to all others in the dojang and outside of training. Observe etiquette manners at all times.
	INTEGRITY	Always be honest to others, and to yourself. Resist temptation and corruption. Stand up for what is morally and ethically right.
	PERSEVERANCE	Always strive to advance, even in the presence of challenges and obstacles in your training and in daily life.
	SELF-CONTROL	Always stay in control over your thoughts and your actions. Do not let your emotions control your actions.
	INDOMITABLE SPIRIT	Always stand up for your beliefs despite opposition. Have the courage, hope, and strength to face each day with a smile.
ABOVE & BEYOND CHALLENGES (See p.5 to learn more about when you’ll receive your ABCs booklet)		
1) Essay: Where have you shown the most growth?		5) Fitness: Lower Body Mountain Climbers (1 min x 10 days)
2) Terminology: Closed Note Exam		6) Mental: Acts of Kindness (3)
3) Martial Skill: Hook Kick (4 min x 10 days)		7) Success Coach: Milestone Meeting
4) Discipline: Cold Showers (10)		8) Recommendation: Parent Teacher Form (youth only)
PROMOTION DEMONSTRATION		
Highlight 1: Self defense attacks from the front		Board Break: Skip front kick, hammer fist
Highlight 2: Free sparring		

HIGH BROWN BELT REQUIREMENTS

REQUIRED SKILLS (As a high brown belt: become proficient in these skills to earn red belt. Instruction videos are on our app!)	
<i>General</i>	DYNAMIC LEVEL 10 From the moment you walk in the door, your passion is evident and you put everything you have into every class, drill, and technique. All of your training is dynamic, powerful, and eye-catching.
<i>Kicking Technique</i>	INSIDE CRESCENT KICKS You have a strong and consistent foot position, chamber, rechamber, pivot, and a smooth execution. You can perform all variations of this kick well (front leg, rear leg, tornado, etc.).
<i>Hand Technique</i>	INSIDE KNIFEHAND STRIKE Your inside knifehand strikes use proper hand position, technique, distancing, and strike with the correct part of your hand.
<i>Self Defense</i>	FIERCE & POLISHED Your self defense is powerful, fierce, and polished. You confidently work through self defense scenarios and end with a dynamic finishing technique.
<i>Sport Combat</i>	OPPONENT ADAPTATION You can change and adapt your sparring style to better counter your opponent based on their height, mobility, individual strengths, and style.
<i>Leadership</i>	10 ACTS OF LEADERSHIP See your instructor for more details and to get your leadership packet.
<i>Auxiliary</i>	SLIPS, ROLLS, COVERS, AND PULLS You can successfully integrate slips, rolls, covers, and pulls into your punch combos and mitt drills.

TERMINOLOGY (Study this, and all previously required terminology, for your Above & Beyond Challenge 2: terminology exam)	
<i>What does red belt represent?</i>	DANGER Red belt represents danger. At this rank you should always exercise control and warn opponents to stay away.
<i>What is the sixth habit of highly effective people?</i>	SYNERGIZE This means that "The whole is greater than the sum of its parts." People working together yield a more powerful product than when they work individually.
<i>What are the three qualities of a champion?</i>	1) ATTENTION TO DETAIL 2) FOLLOW THROUGH 3) PASSION If you know what the little details are and you do them . . . you'll be great! (The little things are BIG things!) But having a deep passion is the secret ingredient which will elevate you above the rest as a true champion!
<i>What is the taekwondo oath?</i>	I shall obey the tenets of taekwondo. I shall respect my seniors and instructors. I shall never misuse the taekwondo art. I shall be a champion of freedom and justice. I shall build a more peaceful world.

ABOVE & BEYOND CHALLENGES (See p.5 to learn more about when you'll receive your ABCs booklet)	
1) <i>Essay</i> : What would you say to a student who wants to quit?	5) <i>Fitness</i> : Upper Body Mountain Climbers (1 min x 10 days)
2) <i>Terminology</i> : Closed Note Exam	6) <i>Mental</i> : Thank About It (100)
3) <i>Martial Skill</i> : Shadow Sparring (4 min x 10 days)	7) <i>Success Coach</i> : Skill Development (4 min x 10 days)
4) <i>Discipline</i> : Sugar Free (10 days)	8) <i>Recommendation</i> : Parent Teacher Form (youth only)

PROMOTION DEMONSTRATION	
<i>Highlight 1</i> : Self defense attacks from the rear	<i>Board Break</i> : Rear elbow strike, trap back kick, inside knifehand strike
<i>Highlight 2</i> : Free sparring	

RED BELT REQUIREMENTS

REQUIRED SKILLS (As a red belt: become proficient in these skills to earn high red belt. Instruction videos are on our app!)

<i>General</i>	IN-CLASS LEADERSHIP You are a constant example of black belt excellence for other students which includes your attitude, strong voice, and demonstration of skill and etiquette. You introduce yourself to new students and know all of your classmates' names. When appropriate, you proactively offer assistance to other students.
<i>Kicking Technique</i>	OUTSIDE CRESCENT KICK & TWIST KICK You have a strong and consistent foot position, chamber, rechamber, pivot, and a smooth execution. You can perform all variations of these kicks well (front leg, rear leg, skipping, etc.).
<i>Hand Technique</i>	OUTSIDE KNIFEHAND STRIKE & RIDGEHAND Your outside knifehand and ridgehand strikes use proper hand position, technique, distancing, and strike with the correct part of your hand.
<i>Self Defense</i>	GROUND DEFENSE ESSENTIALS You can apply all of the self defense concepts you've learned when fighting from a grounded position. Additionally, you prioritize getting up to your feet and can do so while protecting yourself.
<i>Sport Combat</i>	MIND GAMES You consistently use feints and check motions to setup your attacks. Additionally, you manipulate your opponent with the use of conditioning tactics so that you can anticipate and counter your opponent.
<i>Leadership</i>	15 ACTS OF LEADERSHIP See your instructor for more details and to get your leadership packet.
<i>Auxiliary</i>	BREAKFALL You can successfully perform a breakfall when you are taken to the ground.

TERMINOLOGY (Study this, and all previously required terminology, for your Above & Beyond Challenge 2: terminology exam)

<i>What is the seventh habit of highly effective people?</i>	SHARPEN THE SAW (Balanced self-renewal) All of the previous habits are not nearly as effective if you do not first take care of yourself. You must balance your spiritual, mental, and physical self by taking time to renew and re-energize your life.
<i>What are the responsibilities of a senior student?</i>	Leadership through setting a strong example of skill, etiquette, and providing assistance to other students.
<i>What is the taekwondo creed?</i>	I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or physical health. I intend to develop my self discipline in order to bring out the best in myself and others. I intend to use what I learn in class constructively and defensively to help myself and my fellow man and never to be abusive or offensive.

ABOVE & BEYOND CHALLENGES (See p.5 to learn more about when you'll receive your ABCs booklet)

1) <i>Essay</i> : What does earning a black belt mean to you?	5) <i>Fitness</i> : Burpees (2 min x 10 days)
2) <i>Terminology</i> : Closed Note Exam	6) <i>Mental</i> : Breathing (4 min x 10 days)
3) <i>Martial Skill</i> : Shadow Self Defense (4 min x 10 days)	7) <i>Success Coach</i> : Milestone Meeting
4) <i>Discipline</i> : Screen Free (10 days)	8) <i>Recommendation</i> : Parent Teacher Form (youth only)

PROMOTION DEMONSTRATION

<i>Highlight 1</i> : Random self defense	<i>Board Break</i> : Skip hook kick, jump back kick, reverse elbow strike, outside knifehand strike
<i>Highlight 2</i> : Free sparring	

HIGH RED BELT REQUIREMENTS

REQUIRED SKILLS (As a high red belt: become proficient in these skills to prepare for black belt. Instruction videos are on our app!)	
<i>General</i>	TOUGH AS NAILS You have high physical and mental toughness. You are comfortable being uncomfortable. Your application of the 4 keys of mental toughness (see terminology below) combined with your physical stamina and strength make you an unstoppable machine.
<i>Kicking Technique</i>	AERIAL KICKS You can perform basic jump kicks accurately and land with balance. Optional: you can also perform more advanced jump turning kicks and flying kicks.
<i>Hand Technique</i>	KICKBOXING FORMS 1-4 You can smoothly perform kickboxing forms 1-4 as a striker and as a mitt holder.
<i>Self Defense</i>	MULTIPLE ATTACKERS You can prioritize and transition between multiple attackers without getting tunnel vision. You stay on your feet, go first, and keep your hands up when transitioning between targets.
<i>Sport Combat</i>	MULTIPLE OPPONENT SPARRING You can effectively “stack up” opponents when sparring with multiple opponents. Your footwork and precision strikes keep you out of the middle of your opponents.
<i>Leadership</i>	20 ACTS OF LEADERSHIP See your instructor for more details and to get your leadership packet.
<i>Auxiliary</i>	DO SAN Learn Do San poomsae outside of class time. See an instructor for more details.

TERMINOLOGY (Study this, and all previously required terminology, for your black belt written exam.)	
<i>What does black belt represent?</i>	MATURITY Black belt represents maturity. It is the open pathway of a never ending journey toward perfection. It is impervious to fear and darkness.
<i>What is the eighth habit of highly effective people?</i>	FIND YOUR VOICE AND INSPIRE OTHERS TO FIND THEIRS Voice refers to your unique personal significance. The people who inspire others to find their voice are the leaders needed now and for the future.
<i>What does it mean to be a leader?</i>	Being a leader means having the integrity and courage to take a stand in what you believe is right despite what others may say or believe. It means having compassion for others and making a commitment to constantly improve yourself and helping others to do the same.
<i>What are the four keys of mental toughness according to Joshua Medcalf?</i>	<ol style="list-style-type: none"> 1) Great attitude 2) Do your very best 3) Treat others really well (the golden rule) 4) Unconditional gratitude regardless of the circumstances

BLACK BELT PREPARATION PACKET (You'll receive this packet with more details several months before testing.)	
1) Essay: 2-3 pages typed	5) Personal performance plan
2) Closed note written terminology exam at The ROCK	6) Brochure entry
3) Letter of recommendation	7) Candidate information questionnaire
4) Board break routine development	

BLACK BELT PHYSICAL TRAINING CHALLENGE (You'll receive this packet with more details several months before testing.)	
1) Success coach check-in	4) 3000 surfer squats
2) 5000 pushups	5) 600 minutes of running
3) 4000 lower body mountain climbers	

BLACK BELT TESTING	
<i>Part 1:</i> Make the cut, terminology exam	<i>Part 3:</i> Martial arts skill evaluation & demonstration
<i>Part 2:</i> Physical training challenge, distance run	

RANK PROMOTION DATES

Accomplishment	Date	Notes
FIRST CLASS		
YELLOW BELT		
ORANGE BELT		
GREEN BELT		
PURPLE BELT		
BLUE BELT		
BROWN BELT		
HIGH BROWN BELT		
RED BELT		
HIGH RED BELT		
JR. BLACK BELT		
1 ST DEGREE BLACK BELT		
2 ND DEGREE BLACK BELT		
3 RD DEGREE BLACK BELT		

NOTES



NOTES



Remember To Use Our App!

- **Communicate** with your instructors.
- Find, **book**, reschedule, and cancel classes.
- View your **curriculum**.
- Find member **resources** and **information**.
- **Register** for events.
- See your **payment** and **membership history**.
- Manage your **billing** and **contact info**.
- Purchase ROCK retail, and **more**!

Please reach out to us with any questions or concerns.
We are here to support you in every way possible.



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