

As a white belt, follow these steps to earn your **YELLOW BELT**. Use our app to track your progress!

1 REQUIRED SKILLS

Your instructors will watch you in class and evaluate how well you perform the following skills. Your instructors have a checklist with your name on it, feel free to ask about your progress!

FOUNDATION SKILLS

BASIC ETIQUETTE

- Bow, polite greeting, tie your belt, adjusting your uniform, "Yes Sir/Ma'am" voice

BASIC STANCES

- Attention, ready, rest, sparring, self defense

2 GATE-WAY REQUIREMENTS

While attending class consistently, your instructors will look for personal Growth, a great Attitude, a Teachable mindset, and a level 10 Effort. These four key requirements are collectively known as the "GATE-way" requirements.

3 EARN & START YOUR ABCS

Around the halfway point to your next belt, you'll earn your Above & Beyond Challenges booklet. This booklet contains a number of physical and mental challenges that you'll complete at home. An overview of the challenges are found below:

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

TERMINOLOGY

Study the questions below for ABCs Challenge 2.

What does white belt represent?

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.

What does yellow belt represent?

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.

Why do we bow?

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.

Where does taekwondo originate?

KOREA

Count to 10 in Korean

HANA, DUL, SET, NET, DASUT, YASUT, ELGUP, YEODUL, AH-HOPE, YUL

4 COMPLETE YOUR ABCS

Closely follow the directions in your ABCs booklet and turn it in to an instructor once all challenges are complete. Because you have a 30 day deadline to complete your booklet, it's best to work on all of the challenges at the same time.

5 RECEIVE YOUR RED STRIPES

Shortly after you turn in your ABCs, you'll receive red stripes on your belt at the end of class. The red stripes signify that you're dangerously close to promotion and signal to instructors to keep an extra close eye on you.

6 OVERALL PROFICIENCY

To earn and qualify for promotion, you must attend classes regularly, have an amazing attitude, train with your very best effort, and consistently demonstrate a high level of skill proficiency.

PROMOTION DEMONSTRATION

Be prepared to highlight the skills and board break found below.

*Highlight
Board Break*

**Punches 1-2 On Mitts
Front Stomp**

ATTENDANCE: Please ignore the class attendance requirement. It's only used as a general indication of your progress and is not always exactly accurate.

PROMOTION: No prior notice will be given regarding your promotion. Promotion costs \$30 and will automatically be processed afterward.

As a yellow belt, follow these steps to earn your **ORANGE BELT**. Use our app to track your progress!

1 REQUIRED SKILLS

Your instructors will watch you in class and evaluate how well you perform the following skills. Your instructors have a checklist with your name on it, feel free to ask about your progress!

<i>SPORT COMBAT</i>	BASIC FOOTWORK – Footwork: switch, slide, step, skip
<i>SELF DEFENSE</i>	ASSERTIVE VOICE – Strong verbal boundary, powerful ki-ahp

2 GATE-WAY REQUIREMENTS

While attending class consistently, your instructors will look for personal Growth, a great Attitude, a Teachable mindset, and a level 10 Effort. These four key requirements are collectively known as the “GATE-way” requirements.

3 EARN & START YOUR ABCS

Around the halfway point to your next belt, you’ll earn your Above & Beyond Challenges booklet. This booklet contains a number of physical and mental challenges that you’ll complete at home. An overview of the challenges are found below:

- | | |
|---|---|
| 1) <i>Essay</i> : What are your goals for orange belt? | 5) <i>Fitness</i> : Sparring Stance Drill (2 min x 5 days) |
| 2) <i>Terminology</i> : Open Note Exam | 6) <i>Mental</i> : Thank About It (x 25) |
| 3) <i>Martial Skill</i> : Front Kick (2 min x 5 days) | 7) <i>Success Coach</i> : Skill Development (2 min x 5 days) |
| 4) <i>Discipline</i> : Sugar Free (3 days) | 8) <i>Recommendation</i> : Parent Teacher Form (youth only) |

TERMINOLOGY

Study the questions below, and all previously required terminology, for ABCs Challenge 2.

What does orange belt represent?

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.

What is the significance of the ki-ahp?

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.

*Who wrote the book *The 7 Habits of Highly Effective People*?*

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*.

What does ROCK stand for?

RESPECT | OBEDIENCE | COURAGE | KINDNESS

The ROCK also stands for Jesus Christ.

What is the meaning of taekwondo?

THE WAY OF HAND & FOOT

Tae = foot | Kwon = hand | Do = “art” or “the way of life and morality”

4 COMPLETE YOUR ABCS

Closely follow the directions in your ABCs booklet and turn it in to an instructor once all challenges are complete. Because you have a 30 day deadline to complete your booklet, it’s best to work on all of the challenges at the same time.

5 RECEIVE YOUR RED STRIPES

Shortly after you turn in your ABCs, you’ll receive red stripes on your belt at the end of class. The red stripes signify that you’re dangerously close to promotion and signal to instructors to keep an extra close eye on you.

6 OVERALL PROFICIENCY

To earn and qualify for promotion, you must attend classes regularly, have an amazing attitude, train with your very best effort, and consistently demonstrate a high level of skill proficiency.

PROMOTION DEMONSTRATION

Be prepared to highlight the skills and board break found below.

*Highlight
Board Break*

**Shield Sparring
Front Kick**

ATTENDANCE: Please ignore the class attendance requirement. It’s only used as a general indication of your progress and is not always exactly accurate.

PROMOTION: No prior notice will be given regarding your promotion. Promotion costs \$30 and will automatically be processed afterward.

As an orange belt, follow these steps to earn your **GREEN BELT**. Use our app to track your progress!

1 REQUIRED SKILLS

Your instructors will watch you in class and evaluate how well you perform the following skills. Your instructors have a checklist with your name on it, feel free to ask about your progress!

SPORT COMBAT

BASIC PUNCHES

- Punches 1-6, smooth, hands up

SELF DEFENSE

V-STEP, TOUCH HIGH

- Proper footwork, distance & timing, 1, 2 palm strike

2 GATE-WAY REQUIREMENTS

While attending class consistently, your instructors will look for personal Growth, a great Attitude, a Teachable mindset, and a level 10 Effort. These four key requirements are collectively known as the "GATE-way" requirements.

3 EARN & START YOUR ABCS

Around the halfway point to your next belt, you'll earn your Above & Beyond Challenges booklet. This booklet contains a number of physical and mental challenges that you'll complete at home. An overview of the challenges are found below:

- | | |
|---|--|
| 1) <i>Essay</i> : What does black belt mean to you? | 5) <i>Fitness</i> : Single Leg Pogo Hops (1 min x 5 days) |
| 2) <i>Terminology</i> : Open Note Exam | 6) <i>Mental</i> : Breathing (3 min x 5 days) |
| 3) <i>Martial Skill</i> : Side Kick (3 min x 5 days) | 7) <i>Success Coach</i> : Milestone Meeting |
| 4) <i>Discipline</i> : Screen Free (3 days) | 8) <i>Recommendation</i> : Parent Teacher Form (youth only) |

TERMINOLOGY

Study the questions below, and all previously required terminology, for ABCs Challenge 2.

What does green belt represent?

GROWTH

Green belt signifies growth and the developing of your skills. Knowledge of yourself and paying attention to details are of great importance.

What is the first habit of highly effective people?

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.

What is focus point one?

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.

What is the meaning of self-discipline?

Doing what you need to do, when you need to do it, whether you feel like it or not.

4 COMPLETE YOUR ABCS

Closely follow the directions in your ABCs booklet and turn it in to an instructor once all challenges are complete. Because you have a 30 day deadline to complete your booklet, it's best to work on all of the challenges at the same time.

5 RECEIVE YOUR RED STRIPES

Shortly after you turn in your ABCs, you'll receive red stripes on your belt at the end of class. The red stripes signify that you're dangerously close to promotion and signal to instructors to keep an extra close eye on you.

6 OVERALL PROFICIENCY

To earn and qualify for promotion, you must attend classes regularly, have an amazing attitude, train with your very best effort, and consistently demonstrate a high level of skill proficiency.

PROMOTION DEMONSTRATION

Be prepared to highlight the skills and board break found below.

*Highlight
Board Break*

**Punches 1-6 On Mitts
Palm Strike**

ATTENDANCE: Please ignore the class attendance requirement. It's only used as a general indication of your progress and is not always exactly accurate.

PROMOTION: No prior notice will be given regarding your promotion. Promotion costs \$30 and will automatically be processed afterward.

As a green belt, follow these steps to earn your **PURPLE BELT**. Use our app to track your progress!

1 REQUIRED SKILLS

Your instructors will watch you in class and evaluate how well you perform the following skills. Your instructors have a checklist with your name on it, feel free to ask about your progress!

SPORT COMBAT

BASIC KICKS & VARIATIONS

- Front, round, side, axe | standard, front leg, skipping, in place

SELF DEFENSE

ESCAPE ARTIST

- With minimal coaching, escape from grabs, chokes, and bear hugs

2 GATE-WAY REQUIREMENTS

While attending class consistently, your instructors will look for personal Growth, a great Attitude, a Teachable mindset, and a level 10 Effort. These four key requirements are collectively known as the "GATE-way" requirements.

3 EARN & START YOUR ABCS

Around the halfway point to your next belt, you'll earn your Above & Beyond Challenges booklet. This booklet contains a number of physical and mental challenges that you'll complete at home. An overview of the challenges are found below:

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

TERMINOLOGY

Study the questions below, and all previously required terminology, for ABCs Challenge 2.

What does purple belt represent?

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.

What is the second habit of highly effective people?

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.

What is focus point two?

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.

What are the ABCs of self defense?

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.

What does attention position teach?

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.

4 COMPLETE YOUR ABCS

Closely follow the directions in your ABCs booklet and turn it in to an instructor once all challenges are complete. Because you have a 30 day deadline to complete your booklet, it's best to work on all of the challenges at the same time.

5 RECEIVE YOUR RED STRIPES

Shortly after you turn in your ABCs, you'll receive red stripes on your belt at the end of class. The red stripes signify that you're dangerously close to promotion and signal to instructors to keep an extra close eye on you.

6 OVERALL PROFICIENCY

To earn and qualify for promotion, you must attend classes regularly, have an amazing attitude, train with your very best effort, and consistently demonstrate a high level of skill proficiency.

PROMOTION DEMONSTRATION

Be prepared to highlight the skills and board break found below.

*Highlight
Board Break*

**Paddle Sparring
Skip Side Kick**

ATTENDANCE: Please ignore the class attendance requirement. It's only used as a general indication of your progress and is not always exactly accurate.

PROMOTION: No prior notice will be given regarding your promotion. Promotion costs \$30 and will automatically be processed afterward.

As a purple belt, follow these steps to earn your **BLUE BELT**. Use our app to track your progress!

1 REQUIRED SKILLS

Your instructors will watch you in class and evaluate how well you perform the following skills. Your instructors have a checklist with your name on it, feel free to ask about your progress!

<i>SPORT COMBAT</i>	FLOW LIKE WATER – Quickly understand & execute combos, consistently use combinations in sparring
<i>SELF DEFENSE</i>	SLOW, SMOOTH, AND CALCULATED – Slowly and smoothly walk through self defense scenarios with controlled contact

2 GATE-WAY REQUIREMENTS

While attending class consistently, your instructors will look for personal Growth, a great Attitude, a Teachable mindset, and a level 10 Effort. These four key requirements are collectively known as the “GATE-way” requirements.

3 EARN & START YOUR ABCS

Around the halfway point to your next belt, you'll earn your Above & Beyond Challenges booklet. This booklet contains a number of physical and mental challenges that you'll complete at home. An overview of the challenges are found below:

- | | |
|---|---|
| 1) <i>Essay</i> : What are your goals for orange belt? | 5) <i>Fitness</i> : Sparring Stance Drill (2 min x 5 days) |
| 2) <i>Terminology</i> : Open Note Exam | 6) <i>Mental</i> : Thank About It (x 25) |
| 3) <i>Martial Skill</i> : Front Kick (2 min x 5 days) | 7) <i>Success Coach</i> : Skill Development (2 min x 5 days) |
| 4) <i>Discipline</i> : Sugar Free (3 days) | 8) <i>Recommendation</i> : Parent Teacher Form (youth only) |

TERMINOLOGY

Study the questions below, and all previously required terminology, for ABCs Challenge 2.

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.

4 COMPLETE YOUR ABCS

Closely follow the directions in your ABCs booklet and turn it in to an instructor once all challenges are complete. Because you have a 30 day deadline to complete your booklet, it's best to work on all of the challenges at the same time.

5 RECEIVE YOUR RED STRIPES

Shortly after you turn in your ABCs, you'll receive red stripes on your belt at the end of class. The red stripes signify that you're dangerously close to promotion and signal to instructors to keep an extra close eye on you.

6 OVERALL PROFICIENCY

To earn and qualify for promotion, you must attend classes regularly, have an amazing attitude, train with your very best effort, and consistently demonstrate a high level of skill proficiency.

PROMOTION DEMONSTRATION

Be prepared to highlight the skills and board break found below.

*Highlight
Board Break*

**Free Sparring
Axe Kick**

As a blue belt, follow these steps to earn your **BROWN BELT**. Use our app to track your progress!

1 SKILL MASTERY PACKET

You must acquire all required initials for your *Skill Mastery Packet* and turn it in to an instructor once complete. If you do not have one, or need a replacement packet, please ask an instructor.

2 GATE-WAY REQUIREMENTS

While attending class consistently, your instructors will look for personal Growth, a great Attitude, a Teachable mindset, and a level 10 Effort. These four key requirements are collectively known as the "GATE-way" requirements.

3 EARN & START YOUR ABCS

Around the halfway point to your next belt, you'll earn your Above & Beyond Challenges booklet. This booklet contains a number of physical and mental challenges that you'll complete at home. An overview of the challenges are found below:

- 1) *Essay*: **What are your goals for brown belt?**
- 2) *Terminology*: **Closed Note Exam**
- 3) *Martial Skill*: **Back Kick** (4 min x 7 days)
- 4) *Discipline*: **Screen Free** (5 days)
- 5) *Fitness*: **Sparring Squats** (1 min x 7 days)
- 6) *Mental*: **Breathing** (4 min x 7 days)
- 7) *Success Coach*: **Skill Development** (4 min x 7 days)
- 8) *PPPPP*: **Promotion Preparation**
- 9) *Recommendation*: **Parent Teacher Form** (youth only)

TERMINOLOGY

Study the questions below, and all previously required terminology, for ABCs Challenge 2.

What does brown belt represent?

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.

What is the fourth habit of highly effective people?

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.

What is focus point four?

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.

What does CANI stand for?

CONSTANT AND NEVER-ENDING IMPROVEMENT

"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

What does PPPPP stand for?

PROPER PLANNING PREVENTS POOR PERFORMANCE

"If you fail to plan, you are planning to fail." ~ Benjamin Franklin

4 COMPLETE YOUR ABCS

Closely follow the directions in your ABCs booklet and turn it in to an instructor once all challenges are complete. Because you have a 30 day deadline to complete your booklet, it's best to work on all of the challenges at the same time.

5 RECEIVE YOUR RED STRIPES

Shortly after you turn in your ABCs, you'll receive red stripes on your belt at the end of class. The red stripes signify that you're dangerously close to promotion and signal to instructors to keep an extra close eye on you.

6 OVERALL PROFICIENCY

To earn and qualify for promotion, you must attend classes regularly, have an amazing attitude, train with your very best effort, and consistently demonstrate a high level of skill proficiency.

PROMOTION DEMONSTRATION

Be prepared to highlight the skills and board break found below.

Highlight 1
Highlight 2
Board Break

Free Sparring
Strike Defense
Verbal Boundary Into Palm Strike

ATTENDANCE: Please ignore the class attendance requirement. It's only used as a general indication of your progress and is not always exactly accurate.

PROMOTION: No prior notice will be given regarding your promotion. Promotion costs \$30 and will automatically be processed afterward.

As a brown belt, follow these steps to earn your **HIGH BROWN BELT**. Use our app to track your progress!

1 SKILL MASTERY PACKET

You must acquire all required initials for your *Skill Mastery Packet* and turn it in to an instructor once complete. If you do not have one, or need a replacement packet, please ask an instructor.

2 GATE-WAY REQUIREMENTS

While attending class consistently, your instructors will look for personal Growth, a great Attitude, a Teachable mindset, and a level 10 Effort. These four key requirements are collectively known as the "GATE-way" requirements.

3 EARN & START YOUR ABCS

Around the halfway point to your next belt, you'll earn your Above & Beyond Challenges booklet. This booklet contains a number of physical and mental challenges that you'll complete at home. An overview of the challenges are found below:

- | | |
|---|--|
| 1) <i>Essay</i> : Where have you shown the most growth? | 6) <i>Mental</i> : Acts of Kindness (3) |
| 2) <i>Terminology</i> : Closed Note Exam | 7) <i>Success Coach</i> : Milestone Meeting |
| 3) <i>Martial Skill</i> : Hook Kick (4 min x 10 days) | 8) <i>PPPPP</i> : Promotion Preparation |
| 4) <i>Discipline</i> : Cold Showers (10) | 9) <i>Recommendation</i> : Parent Teacher Form (youth only) |
| 5) <i>Fitness</i> : Lower Body Mountain Climbers (1 min x 10 days) | |

TERMINOLOGY

Study the questions below, and all previously required terminology, for ABCs Challenge 2.

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

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.

What are the five tenets of taekwondo?

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.

4 COMPLETE YOUR ABCS

Closely follow the directions in your ABCs booklet and turn it in to an instructor once all challenges are complete. Because you have a 30 day deadline to complete your booklet, it's best to work on all of the challenges at the same time.

5 RECEIVE YOUR RED STRIPES

Shortly after you turn in your ABCs, you'll receive red stripes on your belt at the end of class. The red stripes signify that you're dangerously close to promotion and signal to instructors to keep an extra close eye on you.

6 OVERALL PROFICIENCY

To earn and qualify for promotion, you must attend classes regularly, have an amazing attitude, train with your very best effort, and consistently demonstrate a high level of skill proficiency.

PROMOTION DEMONSTRATION

Be prepared to highlight the skills and board break found below.

Highlight 1

Free Sparring

Highlight 2

Grab Defense

Highlight 3

Shield Sparring

Board Break Combo

Skip Front Kick, Back Kick

ATTENDANCE: Please ignore the class attendance requirement. It's only used as a general indication of your progress and is not always exactly accurate.

PROMOTION: No prior notice will be given regarding your promotion. Promotion costs \$30 and will automatically be processed afterward.

As a high brown belt, follow these steps to earn your **RED BELT**. Use our app to track your progress!

1 SKILL MASTERY PACKET

You must acquire all required initials for your *Skill Mastery Packet* and turn it in to an instructor once complete. If you do not have one, or need a replacement packet, please ask an instructor.

2 GATE-WAY REQUIREMENTS

While attending class consistently, your instructors will look for personal Growth, a great Attitude, a Teachable mindset, and a level 10 Effort. These four key requirements are collectively known as the "GATE-way" requirements.

3 EARN & START YOUR ABCS

Around the halfway point to your next belt, you'll earn your Above & Beyond Challenges booklet. This booklet contains a number of physical and mental challenges that you'll complete at home. An overview of the challenges are found below:

- | | |
|---|--|
| 1) <i>Essay</i> : What would you say to a student who wants to quit? | 6) <i>Mental</i> : Thank About It (80) |
| 2) <i>Terminology</i> : Closed Note Exam | 7) <i>Success Coach</i> : Skill Development (4 min x 10 days) |
| 3) <i>Martial Skill</i> : Shadow Sparring (4 min x 10 days) | 8) PPPPP: Promotion Preparation |
| 4) <i>Discipline</i> : Sugar Free (10 days) | 9) <i>Recommendation</i> : Parent Teacher Form (youth only) |
| 5) <i>Fitness</i> : Upper Body Mountain Climbers (1 min x 10 days) | |

TERMINOLOGY

Study the questions below, and all previously required terminology, for ABCs Challenge 2.

What does red belt represent?

DANGER

Red belt represents danger. At this rank you should always exercise control and warn opponents to stay away.

What is the sixth habit of highly effective people?

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.

What are the three qualities of a champion?

- 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!

What is the taekwondo oath?

- 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.

4 COMPLETE YOUR ABCS

Closely follow the directions in your ABCs booklet and turn it in to an instructor once all challenges are complete. Because you have a 30 day deadline to complete your booklet, it's best to work on all of the challenges at the same time.

5 RECEIVE YOUR RED STRIPES

Shortly after you turn in your ABCs, you'll receive red stripes on your belt at the end of class. The red stripes signify that you're dangerously close to promotion and signal to instructors to keep an extra close eye on you.

6 OVERALL PROFICIENCY

To earn and qualify for promotion, you must attend classes regularly, have an amazing attitude, train with your very best effort, and consistently demonstrate a high level of skill proficiency.

PROMOTION DEMONSTRATION

Be prepared to highlight the skills and board break found below.

Highlight 1
Highlight 2
Highlight 3

Board Break Combo

Free Sparring (2 Rounds)
Bear Hug Defense
Mitt Sparring
Rear Elbow, Hammer Fist, Reverse Elbow

ATTENDANCE: Please ignore the class attendance requirement. It's only used as a general indication of your progress and is not always exactly accurate.

PROMOTION: No prior notice will be given regarding your promotion. Promotion costs \$30 and will automatically be processed afterward.

As a red belt, follow these steps to earn your **HIGH RED BELT**. Use our app to track your progress!

1 SKILL MASTERY PACKET

You must acquire all required initials for your *Skill Mastery Packet* and turn it in to an instructor once complete. If you do not have one, or need a replacement packet, please ask an instructor.

2 GATE-WAY REQUIREMENTS

While attending class consistently, your instructors will look for personal Growth, a great Attitude, a Teachable mindset, and a level 10 Effort. These four key requirements are collectively known as the "GATE-way" requirements.

3 EARN & START YOUR ABCS

Around the halfway point to your next belt, you'll earn your Above & Beyond Challenges booklet. This booklet contains a number of physical and mental challenges that you'll complete at home. An overview of the challenges are found below:

- | | |
|--|--|
| 1) <i>Essay</i> : What does earning a black belt mean to you? | 6) <i>Mental</i> : Breathing (4 min x 10 days) |
| 2) <i>Terminology</i> : Closed Note Exam | 7) <i>Success Coach</i> : Milestone Meeting |
| 3) <i>Martial Skill</i> : Shadow Self Defense (4 min x 10 days) | 8) PPPPP: Promotion Preparation |
| 4) <i>Discipline</i> : Screen Free (10 days) | 9) <i>Recommendation</i> : Parent Teacher Form (youth only) |
| 5) <i>Fitness</i> : Burpees (2 min x 10 days) | |

TERMINOLOGY

Study the questions below, and all previously required terminology, for ABCs Challenge 2.

What is the seventh habit of highly effective people?

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.

What are the responsibilities of a senior student?

Leadership through setting a strong example of skill, etiquette, and providing assistance to other students.

What is the taekwondo creed?

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.

4 COMPLETE YOUR ABCS

Closely follow the directions in your ABCs booklet and turn it in to an instructor once all challenges are complete. Because you have a 30 day deadline to complete your booklet, it's best to work on all of the challenges at the same time.

5 RECEIVE YOUR RED STRIPES

Shortly after you turn in your ABCs, you'll receive red stripes on your belt at the end of class. The red stripes signify that you're dangerously close to promotion and signal to instructors to keep an extra close eye on you.

6 OVERALL PROFICIENCY

To earn and qualify for promotion, you must attend classes regularly, have an amazing attitude, train with your very best effort, and consistently demonstrate a high level of skill proficiency.

PROMOTION DEMONSTRATION

Be prepared to highlight the skills and board break found below.

Highlight 1

Free Sparring (3 Rounds)

Highlight 2

Choke Defense

Highlight 3

Paddle Sparring

Board Break Combo

Skip Hook, Jump Back, Reverse Elbow, Outside Knifehand

ATTENDANCE: Please ignore the class attendance requirement. It's only used as a general indication of your progress and is not always exactly accurate.

PROMOTION: No prior notice will be given regarding your promotion. Promotion costs \$30 and will automatically be processed afterward.

As a high red belt, follow these steps to earn your **BLACK BELT**. Use our app to track your progress!

1 SKILL MASTERY PACKET

You must acquire all required initials for your *Skill Mastery Packet* and turn it in to an instructor once complete. If you do not have one, or need a replacement packet, please ask an instructor.

2 INVITATION TO PREPARE

After you complete your *Skill Mastery Packet*, you will be eligible to earn an *Invitation To Prepare* for **black belt testing**. This is always done on an individual basis and takes into account many factors including: how far out the next black belt testing is, your consistent class attendance over the past few months, the GATE-way requirements (Growth, Attitude, Teachable, Effort), your confidence and expertise while sparring, your powerful execution of self defense, and your overall presence and leadership skills during training.

3 MAKE THE CUT CHALLENGES

Earning an invitation to prepare does not guarantee eligibility to become an official black belt candidate. You'll receive a packet containing a series of challenges to complete, among other deadlines, in order to become an official candidate.

- 1) *Black Belt*: **Accept The Challenge**
- 2) *Questionnaire*: **Candidate Information**
- 3) *Essay*: (See challenge for details)
- 4) *Terminology*: **Closed Note Exam**
- 5) *Martial Skill*: **Board Break Routine**
- 6) *Mental*: **Personal Performance Routine**
- 7) *Recommendation*: **Letter of Recommendation**
- 8) *Brochure Entry*: **How Martial Arts Has Changed Your Life**

TERMINOLOGY

Study the questions below, and all previously required terminology, for ABCs Challenge 2.

What does black belt represent?

MATURITY

Black belt represents maturity. It is the open pathway of a never ending journey toward perfection. It is impervious to fear and darkness.

What is the eighth habit of highly effective people?

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.

What does it mean to be a leader?

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.

What are the four keys of mental toughness according to Joshua Medcalf?

- 1) Have a great attitude
- 2) Do your very best
- 3) Treat others really well (the golden rule)
- 4) Unconditional gratitude regardless of the circumstances

4 PHYSICAL TRAINING CHALLENGES

In order to help you be physically prepared for black belt testing, you'll also receive a packet with significant fitness challenges:

- 1) *Success Coach*: **Weekly Check-In**
- 2) *Fitness*: **5000 Pushups**
- 3) *Fitness*: **4000 Lower Body Mountain Climbers**
- 4) *Fitness*: **3000 Surfer Squats**
- 5) *Fitness*: **600 Minutes of Running**

5 BLACK BELT TESTING

Black belt testing will be one of the hardest events of your life, and also one of the most special and rewarding. The test will last several hours and cover ALL of your curriculum, and much more. Tigers earn Jr. Black Belt, and Adults earn 1st Degree Black Belt.