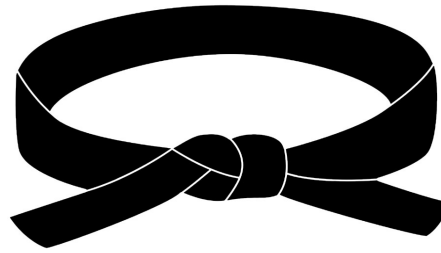


What to Expect as a Bodan Belt



Congratulations!

Your continuous commitment to excellence has helped you to obtain your Bodan, the final color belt level, before Black belt. This is a tremendous accomplishment and you can now look back with pride on the years of training and hundreds of classes that you have successfully completed. Of course, you should also be looking forward as well. You have reached the point in your TaeKwonDo training where your goal of Black Belt is in reach, likely sometime within the next year. However, there is still more work to do and it is crucial that you continue to learn and improve all the way up to the day of your Black Belt exam. Mastery of an art is a lifelong process and even the most senior masters and Grandmasters always think of themselves as students first.

Even though your goal is very close at hand you should be prepared for potential challenges and obstacles. At the Bodan level you will not be required to learn any new curriculum. Rather, your entire time at this level will be spent refining your memory, understanding, and performance, of our entire color belt curriculum. This can be a daunting amount of material for students of any age. However, you should take confidence from the fact that each year over 200 students successfully master this process and earn the right to take their Black Belt exam. As always, the formula for success is your consistent time and effort combined with the guidance and expertise of your instructors.

It is important to note that as instructors we take great pride in helping each student to prepare for and experience a meaningful Black Belt test. As with every belt test up to this point, your instructors will decide if you are ready for a test with only one criteria in mind -- are you ready to give your personal best performance? The answer to this question isn't answered by you alone, but rather is a result of your instructor's ongoing experience working with you in numerous classes over the past few years.

Now is also a good time to reiterate something you may have heard along the way in your training. Black Belt is not really an end point but instead a new beginning. Chances are you have noticed dozens of Black Belt students continuing to take classes in your dojang. All of them are continuing to enjoy the fun, fitness and friendship that brought them to Taekwondo in the first place. In addition, all Black Belts get to experience the pride that comes with being in a leadership role. Whether they are on the staff or not, every Black Belt knows that their fellow students are looking up to them and are aware that they serve as role models. This experience provides extra motivation to work hard, develop greater skills, and improve in the areas of communication and cooperation.

Our advanced students also benefit from the exciting and unique curriculum that we have designed for these levels. In addition to learning more advanced Taekwondo, our Black Belts get to experience a taste of other skills in Korean martial arts. This may include a self defense oriented system, the beautiful and artistic art of the sword taught for 1st Dan black belt and up. Why not set your goal high and strive to be a master or even Grandmaster? Martial arts training is meant to be a lifelong experience with lifelong benefits.

Students Responsibilities:

Bodan philosophy: LEADERSHIP

Home Rule: "Yong in students must follow all the rules, Sir."

Bodan Belt skills:

KICK- All kicks.

BREAKING- Hands Power, Flying Side Kick, Tornado Kick x 2

SELF DEFENCE- All Self Defence

POOMSAE/FORM- Basic 1,2

Tae-Guk 1-8 Jang Koryeo

SPARRING

*** Boards available for purchase at Front Desk.
Cash or Minimum \$10 purchase w/ card.**