



What to Expect as a Green Belt

Congratulations on a job well done as you progress into the intermediate ranks of green belt and blue stripe in our system. By now, you have enjoyed the opportunity to participate in sparring, broken some boards at your belt tests, and hopefully participated in a special event or two. There is still plenty to learn and enjoy so let's review the new details of this level.

Form Requirements

At the green belt/blue stripe level, your instructors will start to require you to be more precise with each hand technique and to possess greater balance and stability in stances. Your child is almost at the halfway point on their journey. Attendance and home practices are crucial to maintain their proficiency with their curriculum. In addition, instructors will be looking for increasingly more intense focus and effort. Generally, form tips tend to take longer to achieve especially at the blue stripe level, and sparring/self-defense tips will be awarded earlier.

Self-Defense/Testing Requirements

While every movement in TaeKwonDo has self-defense applications. As with the sparring there will be more self-defense techniques that students will need to memorize and perform to their personal best level. On average you/your child should be familiar with all of the required curriculum within the first six weeks of training at this level. Common time needed for belt promotions at this level may be three to four months, because students must have a minimum of 16 classes in attendance to be eligible.

Students Responsibilities:

Green Belt philosophy: **ASPIRATION**

Home Rule: "Yong in students will share household responsibilities, Sir."

Green Belt skills:

KICK- Roundhouse
BREAKING- Roundhouse, Punch
SELF DEFENCE- Number 3
POOMSAE/FORM- Tae-Guk 3 Jang
SPARRING

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

Students Responsibilities:

Blue Stripe philosophy: **COOPERATION**

Home Rule: "Yong in students must keep their own room neat and clean, Sir."

Blue Stripe Belt skills:

KICK- Jumping Roundhouse, Punch
BREAKING- Jumping Roundhouse,
Punch
SELF DEFENCE- Number 4
POOMSAE/FORM- Tae-Guk 4 Jang
SPARRING

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

Special Events and Additional Services

Our tournaments and special events should be one of the most enjoyable parts of your experience with our school. Throughout the year we host a variety of activities including birthday parties, summer/winter camps, Parents Night/ Movie night, FUNdraisers, tournaments, holiday parties, and family picnics. All of the events are designed to create special friendships and memories. They also provide extra excitement and variety in our schools and provide an added boost to students' motivation. If you haven't already done so, be sure to check out our events calendar and make time for our next activity. Remember too that special services such as speakers, show and tell presentations, safety and self defense seminars and Birthday parties are available for your special group. Be sure to take advantage of all we have to offer.