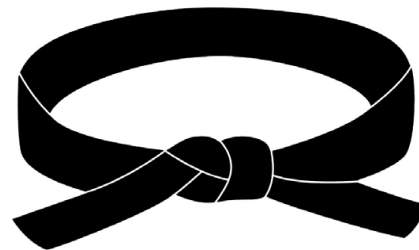


What to Expect as a Blue Belt



Happy Anniversary!

The attainment of blue belt/red stripe usually marks somewhere around the one year plus of training. This is a great accomplishment and one that you and your child should be proud of. It also means that you have moved into your next phase of training towards Black Belt excellence. One way of thinking of it is that white/yellow/green ranks are like the elementary school levels of our system. Blue belt rank can be considered more like middle school. As a result the curriculum is more challenging and the instructors are more demanding with regards to technical performance and training habits. At this stage, a positive attitude and strong effort in class are essential in order to progress.

We know that the blue belt level is often one the most challenging ones for students (especially younger ones) due to the repetition necessary to improve skills and to the longer time length between recognition. Three to four months is the average time to advance between belts and periods of six to eight weeks between tips are common. Commitment, determination, and attention to detail required are essential to reach the advanced ranks. We are very proud of the fact that we have successfully helped thousands of students to persevere through this challenging stage and to reach a new level of skill and confidence as a result. One of the greatest lessons that TaeKwonDo provides is that virtually any obstacle can be overcome through focus and determination. All of our instructors feel that one of the best gifts we can give our students is the ability to apply patience, an open mind, and continuous effort to better themselves and their abilities.

Students Responsibilities:

Blue Belt philosophy: PERSEVERANCE

Home Rule: "Yong in students must keep their body clean everyday, Sir."

Blue Belt skills:

KICK- Side
BREAKING- Side, Back fist
SELF DEFENCE- Number 5
POOMSAE/FORM- Tae-Guk 5 Jang
SPARRING

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

Students Responsibilities:

Red Stripe philosophy: CONCENTRATION

Home Rule: "Yong in students will not interrupt during conversations; they will listen to others and take turns, Sir."

Red Stripe Belt skills:

KICK- Jumping Side
BREAKING- Jumping Side, Back Fist,
SELF DEFENCE- Number 6
POOMSAE/FORM- Tae-Guk 6 Jang
SPARRING

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

Expectations for Curriculum and Class Participation

At the blue belt/red stripe stage our staff will continue to emphasize the importance of more detailed understanding. They will continue to refine the students' performance in all areas of the curriculum. Hand and foot position will be closely scrutinized, posture and rhythm will be examined, and of course high energy and intense focus are required as well. Our goal with these exact standards is not just to turn out highly skilled martial artists. We are using these technical demands and improvements as a tool. They are a tool to develop greater focus, self-awareness, and determination. It has been said that learning Tae Kwon Do is not about what you can do, but about what you become. Our mission is to help our students to achieve overall success in life through the martial arts.