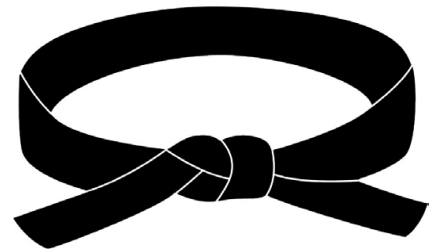


What to Expect as a Yellow Belt



Congratulations!

You and your family should take great pride in accomplishing your first belt rank. This achievement recognizes not only your skill development, but also the essential habit of consistency. Through diligence, dedication and the help of our staff, you have developed the foundation on which more advanced skills will now be built. As a color belt, one of the most important habits you should develop is a commitment to give your best effort and train with energy and intensity at every class. Combined with the expertise of our staff, this is a winning combination for further developing your skills.

As a yellow belt, there are a few new concepts you should know. You are now eligible at this belt level to Spar. As a result of your continued journey, expect that it will take a little longer before earning your first curriculum tip. In fact at the color belt levels it is often more common to earn a tip for sparring first. Remember, as you progress to higher belt ranks your instructors will not only increase the difficulty of techniques taught but also their expectations of how the techniques are performed. Similar to carving a statue, we begin “roughing out” first and then gradually progress into finer and finer details. This is an important idea for children to understand, as they will find that their ability to memorize the pattern of a form will increase dramatically as they advance in belt rank. However, it is equally important that they learn to understand that knowing which way to move is not the same as performing movements proficiently. Don’t be surprised if your child brings a concern that they “don’t know what they have to practice” or asks why they haven’t earned their tip yet even though they “know everything already”. You can trust that you/your child’s progress is just as important to us as it is to you and your child. If you are uncertain in any way what it is that your child needs to do in order to advance, listen and watch what the instructors are emphasizing to them during regular class times. **As always, if you have questions/concerns about your child’s progress or development at any time, please ask an instructor or Front Desk staff.**

THEME WEEK

Another important process to be aware of at the color belt level is that our teaching format for curriculum is done by “theme week”. This means that we consistently alternate the subject matter between kicking and breaking one week, self defence, sparring and Poomsae/ form the following weeks. In doing so, we ensure that all students are exposed to all of their new belt requirements within the first month of training and that we then consistently review and enhance that material in preparation for the tip and belt testing.

It is also possible that on any given day the head instructor may decide with their judgment to emphasize a particular special topic, ie. sparring, target hitting, stances, etc, rather than do curriculum. This is an important and necessary variation and essential to our students’ ongoing development. As always, students who attend classes consistently will receive the necessary instruction in all of their requirements as well as in these specialized areas. The instructors are constantly refining the students balance, focus, rhythm, and intensity level as part of the process of moving up in rank. It is not just what a student knows but how well they know it that will make them eligible for their next tip or rank.

Special Notes About Sparring

Students Responsibilities:

Yellow Belt philosophy: CONFIDENCE

Home Rule: "Yong in students shall be honest at all times, Sir."

Yellow Belt skills:

KICK- Snap
BREAKING- Snap, Knife
SELF DEFENCE- Number 1
POOMSAE/FORM- Tae-Guk 1 Jang
SPARRING

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

Students Responsibilities:

Green Stripe philosophy: SELF CONTROL

Home Rule: "Yong in students must maintain a good relationship with their brothers and sisters, Sir."

Green Stripe Belt skills:

KICK- Jumping Snap
BREAKING- Jumping Snap, Knife
SELF DEFENCE- Number 2
POOMSAE/FORM- Tae- Guk 2 Jang
SPARRING

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

At the yellow belt level all students are required to purchase a safety gear package that consists of headgear, shin pads, mouth guard, and groin cup (males only). Safety is our first priority for every class. Students should bring all of this equipment to each class and place it in the areas designated by their instructors. Children are encouraged to wear their shin pads when classes start. During class students will be told when to put on the rest of their safety gear in order to engage in "sparring". Sparring consists of a non-choreographed exchange of techniques. Specific rules will be covered in class. This version of sparring is non-contact at all times. An additional service that is available to students at the color belt level is the sparring class. These classes consist of sparring skills and drills only (no curriculum practice) and are ideal for students interested in gaining greater confidence and skills in sparring. These classes will also provide instructions and preparation for students interested in competing in tournaments. There is no additional fee for attending sparring class, however additional gear is required. This includes a chest protector and forearm guards. For a schedule of sparring classes or upcoming competitions please see your instructor.