

Level 1 - Martial Arts

Belt Ranks (Required Stripes to Advance)

- **White (3 stripes)** Stripes Required
- **Orange (3 stripes)** 1. Yellow
- **Orange Trim (3 stripes)** 2. Green
- **Yellow (3 stripes)** 3. Blue

How ranks work:

- Students begin their journey any month
- All students do same material
- During week 4, students perform a Stripe Test.
- Stripes may be earned more than one at a time but no more than 2 can be earned at once.

Semester 1 – Quarter 1 Material Checklist

Quarter 1

- Beginner Kicks 1 - 4
- Korean One Steps 1 - 3
- Taeguk 1

Stripe Testing and Graduation

In each area, students can earn a score of 1, 2, and 3.

1 – Needs improvement

2 – Acceptable Technique

3 – Outstanding Technique

As student gets a check mark when they earn a 2 or 3 in each category.

When all boxes are check in a category, a Stripe is earned. When required stripes are earned for Belt Promotion, the student shall graduate to the next belt.

Once each Belt, students can earn a Silver Stripe by completing the Etiquette Requirements.

Beginner Kicking

- #1 Score: _____
- #2 Score: _____
- #3 Score: _____
- #4 Score: _____

Korean One Step

- #1 - Score: _____
- #2 - Score: _____
- #3 - Score: _____

Taeguk 1 (IL Chang)

- Correct Moves - Score: _____
- Stances Accurate - Score: _____
- Blocks Accurate - Score: _____
- Hand Strikes Accurate - Score: _____
- Hand Blocks Accurate - Score: _____
- Balance - Score: _____

- Etiquette – Silver Stripe
 - Correct Belt Tying
 - Student Creed
 - Korean Counting to 20

Student Creed

I WILL DEVELOP MYSELF IN A POSITIVE MANNER AND AVOID ANYTHING THAT COULD REDUCE MY MENTAL GROWTH OR PHYSICAL HEALTH!

I WILL DEVELOP SELF DISCIPLINE IN ORDER TO BRING OUT THE BEST IN MYSELF AND OTHERS!

I WILL USE COMMON SENSE BEFORE SELF DEFENSE, AND NEVER BE ABUSIVE OR OFFENSIVE!

THIS IS A BLACK BELT SCHOOL - I'M MOTIVATED, I'M DEDICATED - I'M ON A QUEST TO BE MY BEST!