

Level 3 - Martial Arts

Belt Ranks (Required Stripes to Advance)

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|--------------------------------------------------|------------------|
| • Purple Trim (5 stripes) | Stripes Required |
| • Brown (6 stripes) | 1. Yellow |
| • Red (7 Stripes) | 2. Green |
| • Black Belt Eligible after 80% Pre-Test. | 3. Blue |
| | 4. Purple |
| | 5. Brown |
| | 6. Red |

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.
- Black Belt Candidates must score 80% on Pre-Test to Graduate.

Semester 1

Quarter 1

- Advance Kicks 1 - 3
- Adv. One Steps 1 - 3
- Face Contacts 5-6
- 21 Movement
- Taeguk 8

Weapons Form

- Bo
- Sword

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.

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|---------------------------------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Advanced Kicking | <input type="checkbox"/> Advanced One Step |
| <input type="checkbox"/> #1 Score: _____ | <input type="checkbox"/> #1 - Score: _____ |
| <input type="checkbox"/> #2 Score: _____ | <input type="checkbox"/> #2 - Score: _____ |
| <input type="checkbox"/> #3 Score: _____ | <input type="checkbox"/> #3 - Score: _____ |
| <input type="checkbox"/> Weapons form | <input type="checkbox"/> Face Contacts |
| <input type="checkbox"/> Correct Moves - Score: _____ | <input type="checkbox"/> #5 - Score: _____ |
| <input type="checkbox"/> Weapons Control - Score: _____ | <input type="checkbox"/> #6 - Score: _____ |
| <input type="checkbox"/> Balance - Score: _____ | |
| | <input type="checkbox"/> 21 Movement |
| <input type="checkbox"/> Taeguk 5 (Oh Chang) | |
| <input type="checkbox"/> Correct Moves - Score: _____ | |
| <input type="checkbox"/> Stances Accurate - Score: _____ | |
| <input type="checkbox"/> Blocks Accurate - Score: _____ | |
| <input type="checkbox"/> Hand Strikes Accurate - Score: _____ | |
| <input type="checkbox"/> Hand Blocks Accurate - Score: _____ | |
| <input type="checkbox"/> Balance - Score: _____ | |

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|----------------------------------------------------|
| <input type="checkbox"/> Etiquette - Silver Stripe |
| <input type="checkbox"/> Correct Belt Tying |
| <input type="checkbox"/> Student Creed |
| <input type="checkbox"/> 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!