

Level 1 - Martial Arts

Average Time in Level – 12 months

Level 1 students focus on standup material from Taekwondo, Kickboxing, and Boxing. Each month is focused on one set of material; Kicking/Striking, Self-Defense, and Forms.. Stripe Testing happens during the last week of the month. Student must show proficiency of the technique based on their ability and age.

Students will receive a score of 1, 2, or 3 on techniques – 2 or higher earns Stripes.

Belt Ranks (Required Stripes to Advance)

- **White (See Below)**
- **Orange (3 stripes)**
- **Orange Trim (3 stripes)**
- **Yellow (3 stripes)**

Stripes Required

1. Yellow (Kicking Combinations)
2. Green (One Step Defenses)
3. Blue (Pattern)

White Belt Requirements

Know and Recite:

Student Creed
Korean Count 1 – 10
Basic Korean Commands

Commands

Attention – Charyot
Bow – Keunrae
Ready – Joonbi
Begin – Sijak
Finish - Koomhan

Counting

1 – Hana
2 – Dul
3 – Sett
4 – Nett
5 – Dasutt
6 – Yasutt
7 – Ilgop
8 – Radul
9 – Ahhop
10 – Yul

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!

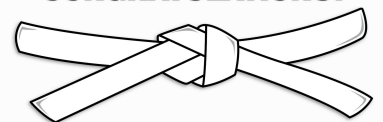
I WILL USE COMMON SENSE BEFORE SELF DEFENSE, AND NEVER BE ABUSIVE OR OFFENSIVE!

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

When the above requirements are met, parents please sign and date below.

Name: _____ Date: _____

CONGRATULATIONS!



YOU'VE EARNED YOUR NEW BELT