

# DIXONS



# TAEKWONDO

## STUDENT HANDBOOK

**NAME** \_\_\_\_\_

# STUDENT'S RESPONSIBILITY

This is your Dixon's Taekwondo Student Handbook. It is your responsibility as a Taekwondo student to take good care of your handbook. You must **keep it clean and in good condition**. It is also your responsibility to study this handbook and practice the required skills and knowledge for your rank.

*This is a working handbook*, meaning it is not set in stone and can be changed at anytime. Please keep this hand book in a pronged folder or binder so it is easy to add new handouts and additions. When you receive your handbook, it will include general information about taekwondo and guidelines for each belt rank. Along the way, you will add monthly newsletters, handouts, new guidelines, and other changes.

It is important to understand that the world changes and it is our responsibility to keep up with those changes. Techniques and knowledge will change but that does not imply that the previous was wrong or bad rather better ways have been discovered.

## **To the Parents/Guardians:**

Your child is dependent on you; therefore, it is crucial that you be as dedicated to their training as you children are. Please make the time and the commitment that Taekwondo requires for your child and yourself.

Also your child may lack motivation at times, always keep in mind that you must push your child to attend class consistently and train hard at every class.

## **Letter from Mr. Dixon:**

As a parent, I have seen children disrespect their elders and other authority figures. I understand what it is to have your child act unruly. As a parent and coach, I would like to offer my skills and experience to help instill respect and humbleness into your children. Being working parents, I know you want the peace of mind that your child is obeying the rules and not have to worry about disobedience. I will help to relieve some of this stress. At Dixon's Taekwondo, we would like to help your child and yourself live happy, healthy lives.

### **Goals for Dixon's Taekwondo Students**

1. Gain a positive attitude
2. Increase focus/concentration
3. Improve physical and mental health
4. Build self confidence
5. Make new friends
6. Help others improve
7. Earn their black belt
8. Compete at the national level

**\*\* Our ultimate goal is help children become productive citizens of society not a menace to society.**

### **Becoming a Better Person Starts with You**

1. RESPECT
  - Be a better family member
2. RESPECT
  - Be an outstanding student in school
3. REPSECT
  - Be a productive citizen in society

## **TAEKWONDO ETIQUETTE CHECKLIST**

- ✓ Ensure your uniform is always cleaned and pressed without tears or stains, with all earned patches properly sewn on. Never wash your belt.
- ✓ Remove your shoes prior to entering any dojang or stepping on the training floor area.
- ✓ When you enter any Taekwondo dojang, stop, turn, face the flags and bow. Do this same procedure any time you depart any dojang.
- ✓ When you see any Taekwondo instructor/Black Belt you must stop and bow. If you are sitting, stretching, you must stop, stand up, and bow. Do not just nod, wave, or avoid this procedure.
- ✓ When any instructor/Black Belt calls you, stop what you are doing, answer, “YES SIR/MAM!” and run. Do not ever act as if you do not hear them.
- ✓ When the instructor ends your class say, “Kam sa ham ni da” (thank you”).
- ✓ When you straighten your uniform always turn away from your instructor(s), seniors, and flags as a sign of respect.
- ✓ When you have a question, always ask you instructor(s) first. If they are in their office, knock first and bow when you enter.
- ✓ When you see a higher belt you should bow. It is courteous to exchange bows to same or lower belts.
- ✓ In class you must always keep a good attitude towards your practice. That means be serious and respectful of your instructor(s) and fellow students.
- ✓ When any instructor from another dojang visits, show them the respect they deserve. That means bowing and helping them in any way you can.
- ✓ A good student does not end their training after class but helps the instructor(s) in demonstrations, testing, tournaments, school activities, fund raisers, and school maintenance.
- ✓ Respect is a very important in Taekwondo. Your instructors have worked very hard for many years to learn what they know. They deserve your respect at all times.
- ✓ During testing remain for the entire proceedings.
- ✓ Never ask or suggest to your instructors about class activities.
- ✓ Never ask a higher belt to spar.
- ✓ Always support your dojang by purchasing all uniforms, t-shirts, safety gear from your instructor. Any profits allow the dojang to ensure the best quality and approved products are available for your benefit.

## **PRIDE**

Always have pride in what you do.

## **P**ride **R**espect **I**ntegrity **D**etermination **E**nthusiasm

## **ATTENDANCE AND EFFORT**

Dixon's Taekwondo is a self-paced taekwondo program. This means that you progress at your own rate. Your progress greatly depends upon your class attendance and the effort you put forth during class.

Attendance is very important to Taekwondo training. Consistent attendance is required in order to move up in rank. Please keep in mind that as you progress and earn higher ranking belts, the amount of class time should increase. It is all up to you.

Being punctual is also crucial. It demonstrates respect to your instructors and fellow students. It is even better to arrive 10 minutes before class time, in order to prepare, both physically and mentally. If you are late, enter the dojang, change quickly approach the instructor, bow, and request permission to join the class.

Always come to class with the right frame of mind which is to train hard and give 110% effort. No matter what your mood was before class, clear your mind and focus on taekwondo training.

## **BOWING**

Bowing represents strength. It also displays respect and courtesy. Bowing is a traditional oriental act of respect and courtesy. Bowing should be performed sincerely from a stationary position, feet together, hand to your sides and bending at the waist at a 45 degree angle. You must bow...

1. to the head instructor upon entering the dojang and on leaving.
2. to any dojang instructor/assistant and black belts in the dojang.
3. to the flags at the front of the school before entering and leaving the dojang.
4. to any higher ranking student before asking questions.
5. to everyone, just as a friendly greeting in the dojang.

## **KI YOP!**

Ki yop is to yell. Translated, Ki means "energy" and Yop means "combine" or "harmony". Together ki yop means to harmonize your energy through sound. The yell provides martial artist with energy from within.

Taekwondo class is not the place to be quiet. Part of giving 110% effort is in the noise you make. Ki yop loudly, respond "Yes, sir" or "Yes, mam" loudly, and count loudly, too.

# *Attitude*

*By Charles Swindoll*

*“The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitude.”*

## **The Belt System, Promotion, and Maintenance**

The belt system does not represent “inferiority” and “superiority”. The belt system represents recognition for time and achievement. Belt promotion provides goals, as well as a test in which feedback is provided from the Instructors. Belt promotion provides motivation for students to continue enthusiastically throughout your training.

Belt promotion is achieved by passing a formal grading. The grading requires that each student perform his/her skills under pressure and the supervision of instructors. To execute your skills to the best of you own ability is the ultimate goal while being graded.

Some students may not be promoted and this usually causes a students confidence to drop. In many cases students even quit their training. Please be sure to understand that, as a student, you may not always succeed with every step you take. And in fact, it is the failures that may sometimes give you more feedback and energy to learn from. There is no shame in a temporary setback but there is for those who quit. In such a case, the student will be put on probation and will be required to perform the promotion requirements at every class until the students can demonstrate his/her skills properly. The requirements are comprehensive and cumulative, that is, you are responsible for all requirements from White Belt to you present level. You will always be asked the purpose of your training and achievements.

**Each belt level requires students to perform new techniques and learn new knowledge while maintaining and improving previous guidelines. It is important to understand that techniques and knowledge are cumulative. This means you do not forget any previous technique, poomse, and knowledge. If, at any point, a student cannot meet their belt rank’s guidelines, then that student’s belt will be taken away. The student must be able to perform at their belt rank to earn their belt back.**

## **Belt Meanings**

White – is a symbol of beginning. It represents a blank canvas waiting to be covered with knowledge.

Yellow – is the symbol of the energy. It represents the sunlight and the energy the sun gives off.

Purple–is a symbol of transition. It represents a break from the beginning and shift toward a senior belt. It is the beginning of a danger phase of training.

Orange – is the symbol of further energy. It represents the student’s increase in energy from taekwondo training.

Green – is a symbol of growth. It represents a plant sprouting from the ground.

Blue – is a symbol of perseverance. It represents the upward movement towards the sky.

Brown – is a symbol of maturity. It represents the growth of a plant becoming sturdy and powerful.

Red – is a symbol of danger. It represents the knowledge a student obtains but the lack of total control.

Black – is a symbol of completeness. It represents complete knowledge of taekwondo. It is the complete opposite of white. As a 1<sup>st</sup> dan, your black belt symbolizes the beginning of a new journey.

### **NEVER WASH YOUR BELT**

Your belt holds all the knowledge you have gained through training. It holds all the sweat and work you have put into taekwondo training. The tradition is that a taekwondo student started with a white belt. Every time the student trained, the belt would become dirty. The more the student trained, the more the belt became dirty. After so much training, the belt became dark with sweat and dirt. The belt was so dark that it was the color of black. The darkness of the belt represented the time and effort the student put into training.



# Poomse, Kyukpa, and Kyorugi

**Poomse (Form)** is a set of movements put together for students to practice their techniques alone.

Purposes:

- Practice techniques alone
- Improve focus and concentration
- Strengthen foundation
- Synchronize breathing with movement

Steps of poomse:

1. Memorize steps
2. Learn proper stances
3. Learn proper ready and end position of each technique
4. Break poomse into parts and practice each part
5. Improve speed, transition and fluency of movements

**Kyukpa (Breaking)** is the act of breaking material using specific techniques.

Purposes:

- Measure strength, speed, and accuracy of technique

Steps of breaking:

1. Learn technique
2. Perform strengthening and speed exercise to build appropriate muscles
3. Practice technique on heavy bag to build strength
4. Practice technique on paddles for accuracy
5. Have confidence in your technique

**Kyorugi (Sparring)** is a controlled fighting situation

- Apply techniques in a actual situation
- Measure your ability and assess weak and strong areas
- Practice self-control

Steps of kyorugi:

1. Learn rules of kyorugi
2. Have appropriate gear (mouthpiece required)
3. Participate in class sparring
4. Listen to criticism from instructors and seniors
5. Practice and make changes
6. Challenge yourself to compete at the highest levels
7. Have NO FEAR!

## **Student Oath**

- Hana** I shall obey the tenets of taekwondo:  
*Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit*
- Dool** I shall obey my instructors and seniors.
- Set** I shall never misuse taekwondo.
- Net** I shall be a champion of freedom and justice.
- Da sut** I shall build a more peaceful world.

*Courtesy* - being polite and respectful

*Integrity* - doing the right thing always

*Self-Control* - being master of you own impulses

*Perseverance* - never giving up

*Indomitable Spirit* - never wanting to give up

## **Patches**

*All patches should be sewn on in the proper place. Incorrect placing will require removal of patches and replacement. Flag patches are included in the cost of your uniform. If you lose your flag patches, it does cost a fee for new ones. Other patches are earned patches and may not be replaced, if one is lost. All patches should also be sewn on in a timely fashion from when they were earned.*

*American Flag*- is given with the uniform and must be sewn on the left sleeve of the uniform

*Korean Flag*- is given with the uniform and must be sewn on the right sleeve of the uniform

*Tiger*- is earned when the student can perform a full split and touch their chest to the ground. This patch is sewn on the right chest area of the uniform.

*Academic Achievement Award*- is earned by presenting a school report card for the first time. This patch is sewn at the bottom of the v-neck of the uniform.

*Golden Star*- is earned by presenting school report card that show the student has maintained or improved their grades. This patch is sewn on the v-neck of the uniform.

*“Best” patches*- are earned through outstanding performance in on the following areas: Sparring, Forms, Breaking, Kicking, or Improvement. These patches are sewn on the right bottom corner of your uniform top.

*Tournament Patch* – is earned when you participate in your first tournament whether it be in Forms, Sparring or Breaking. This patch is sewn on your right upper part of your pants leg.

*Demonstration Patch*- is earned when you participate in your first demonstration. This patch is sewn on your right upper part of your pants leg.

# Terminology

English	Korean
<b>General Terms</b>	
Head Master	Gwan Jang Neem
Master	Sa Bum Neem
Thank You	Kam sa mida
Training Facility	Do Jang
Uniform	Do Bok
Dismiss	Hae San
Attention	Charyot
Bow	Kyung ne
Ready	Chum bi
Begin	Shijak
Yell	Ki Yop
Turn around	Dwi do rah
Stop	Guman
Forms	Poom-sPoomsee
Sparring	Kyorugi
Breaking	Kyuk pa
Foot/Kick	Tae
Hand/Punch	Kwon
The art/the way	Do
Block	Makki
Punch	Chi gi
Kick	Cha gi
Blue	Chung
Red	Hung
Red	Hung
Punch	Chi gi

English	Korean
<b>Numbers</b>	
One	Hana
Two	Dool
Three	Set
Four	Net
Five	Da Sut
Six	Yuh Sut
Seven	Il Gob
Eight	Yuh Dul
Nine	Ah Hob
Ten	Yhul
Twenty	Sumul
Thirty	Soran
Forty	Mahun
Fifty	Swin

# BLACK BELT PREP TEAM

The Black Belt Prep Team consists of all students green belt and higher. It is not something you have to join separately. The purpose of this team to help students become leaders which is the key difference between an average black belt and a great black belt. It is a team rather than a program because all the higher belts will go through this process and you will depend on each other for help and guidance.

Many taekwondo students have the misunderstanding that to earn a black belt all you need to do is kick and punch really well, memorize a bunch of patterns, and break a bunch of boards. At Dixon's Taekwondo, a black belt is much more. A black belt must be able to lead, challenge and motivate others. A black belt must be able to teach and pass on their knowledge. A black belt understands that when earning a black belt, it is not the end but the beginning of a new journey. Also, a black belt understands that giving back is much greater than just receiving.

The Black Belt Prep Team has five levels which begin at green belt.

1. **One-on-one:** The first level of Black Belt Prep helps you develop your teaching skills. It will help you to understand that being able to perform a kick, block, or poomse is very different from being able to teach someone how to perform a kick, block, or poomse. When you teach others what you know, your own knowledge becomes deeper because you are forced to explain, for example, a side kick in detail, step-by-step, so the student can understand. At this level, you will arrive at the dojang early, before class begins and be available to help lower belts (preferably white and yellow belts) with their kicks, stances, poomse, flexibility, and so on.
2. **Referee Prep:** The second level of Black Belt Prep is referee preparation. This will introduce you to another aspect of taekwondo. At this level, you will learn the commands, hand signals, ring management, and other necessary skills to referee a sparring match.

3. **First Class Helper:** The third level of Black Belt Prep is helping with first class, or the 6 years old and under class. This is a continuation of the teaching process. At the first level, you learned to teach a fellow student around your age or a person that you can have a regular conversation with. Now, you will have to communicate with a much younger person that will not understand the same thing you would explain to an older person. You will be forced to be creative. You will have to make learning fun but maintain a serious environment so the students do not lose focus. At this level, you attend the first class from beginning to end and help the instructor with the first class. The instructor will give instructions and guidance on teaching younger students.
  
4. **Class Leader I:** The fourth level of Black Belt Prep is becoming a class leader. You will learn to lead the class in the bowing to the flags, student oath, stretching and ab exercises. You must be able to lead a group of 20 or more. The class must be doing the correct stretches and exert energy through their effort and counting. It is your responsibility that all students are doing what they are supposed to be doing. At this level, you will be called upon by your instructor to be the class leader, you must be ready.
  
5. **Class Leader II:** The fifth level of the Black Belt Prep is leading the class in other areas of class. In the fourth level, you learned to follow a set routine that is performed at every class. Now, you will be given a different responsibility which will differ with every class. Some examples would be: warm-up exercises, poomse review, circuit training, and so on. This is the last level of the Black Belt Prep Team. After this level, you will have the skills to lead an entire class from beginning to end. You will be a leader.

<b>Current Belt/Rank</b>	White / 10th gup
<b>Next Belt/Rank</b>	White Belt 1st Stripe / 10th gup
<b>Stances</b>	I can perform a proper Chumbi/Ready stance. I can perform a proper Charyot/Attention stance. I can perform a proper fighting stance and sitting stance.
<b>Kicks</b>	I can perform a proper front snap kick and side kick.
<b>Blocks/ Punches</b>	I can perform a proper 1-2 punch combination. I can perform a proper block-punch combination
<b>Footwork</b>	I can perform a switch in fighting stance.
<b>Vocabulary/ Knowledge</b>	I know what kam sa ha mida means in English. I can count from 1 to 10 in Korean.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Four Direction Front Snap kick and Four Direction Side Kick, by myself.
<b>Kyukpa</b>	I can break a board with a front snap kick.
<b>Physical Fitness</b>	I can do at least 10 ab exercises without stopping.
<b>Practice</b>	I attend class at least two times a week. I practice at home at least 10 minutes a day.

<b>Current Belt/Rank</b>	White Belt 1st Stripe / 10th gup
<b>Next Belt/Rank</b>	White Striped Belt / 10th gup
<b>Stances</b>	no new stances
<b>Kicks</b>	I can perform a proper jump front snap kick. I can perform a proper twist side kick and step behind side kick.
<b>Blocks/ Punches</b>	I can perform a proper low block and high block.
<b>Footwork</b>	I can perform a slide forward/backward in a fighting stance.
<b>Vocabulary/ Knowledge</b>	I can recite the Student Oath in front of the class. I can explain what a white belt symbolizes.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Free Sparring Pattern, by myself.
<b>Kyukpa</b>	I can break a board with a jump front snap kick.
<b>Physical Fitness</b>	I can do at least 10 push ups without stopping.
<b>Practice</b>	I attend class at least two times a week. I practice at home at least 10 minutes a day.

<b>Current Belt/Rank</b>	White Striped Belt / 10th gup
<b>Next Belt/Rank</b>	Yellow Belt / 9th gup
<b>Stances</b>	I can perform a proper walking stance and forward stance.
<b>Kicks</b>	I can perform a proper axe kick and diagonal kick.
<b>Blocks/ Punches</b>	I can perform a proper inward forearm block. I can perform a proper low/middle/high section punch.
<b>Footwork</b>	I can perform a step forward/backward in fighting stance.
<b>Vocabulary/ Knowledge</b>	I know what dojang and dobak mean in English. I can count from 11-20 in Korean.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, El Jang, by myself.
<b>Kyukpa</b>	I can break a board with a step behind side kick.
<b>Physical Fitness</b>	I can do at least 20 ab exercises without stopping.
<b>Kyorugi</b>	I have talked to my instructor about getting full sparring gear to spar during class.
<b>Practice</b>	I attend class at least three times a week. I practice at home at least 15 minutes a day.



<b>Current Belt/Rank</b>	Yellow Belt / 9th gup
<b>Next Belt/Rank</b>	Yellow Striped Belt / 9th gup
<b>Stances</b>	no new stances
<b>Kicks</b>	I can perform a proper double diagonal kick, jump diagonal kick, and speed diagonal kicks.
<b>Blocks/ Punches</b>	I can perform a outward forearm block.
<b>Footwork</b>	no new footwork
<b>Vocabulary/ Knowledge</b>	I know what country taekwondo originated. I know what charyot, chumbi, and hae san mean in English. I can explain what a yellow belt symbolizes.
<b>Poomse/ Poomse Application</b>	I can perform El Jang with more energy and precision in my stances and techniques. I can perform El Jang application A.
<b>Kyukpa</b>	No kyukpa
<b>Physical Fitness</b>	I can do at least 15 push ups without stopping. I can accurately punch a target at least 70 times with sitting stance/middle section punch in 30 secs.
<b>Kyorugi</b>	I have full sparring gear and participate in sparring during class.
<b>Practice</b>	I attend class at least three times a week. I practice at home at least 15 minutes a day.

<b>Current Belt/Rank</b>	Yellow Striped Belt / 9th gup
<b>Next Belt/Rank</b>	Purple Belt / 8th gup
<b>Stances</b>	no new stances
<b>Kicks</b>	I can perform a proper turning kick.
<b>Blocks/ Punches</b>	I can perform a proper inward/outward knife hand strike. I can perform a proper 3-4 punch combination.
<b>Footwork</b>	no footwork
<b>Vocabulary/ Knowledge</b>	I know what dwi ro dorah, guman and shijak means in English. I can count from 21-30 in Korean.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Ee Jang, by myself.
<b>Kyukpa</b>	I can break a board with an axe kick.
<b>Exercises</b>	I can do at least 30 ab exercises without stopping.
<b>Kyorugi</b>	no new kyorugi
<b>Practice</b>	I attend class at least three times a week including Friday Sparring. I practice at home at least 20 minutes a day.

<b>Current Belt/Rank</b>	Purple Belt / 8th gup
<b>Next Belt/Rank</b>	Purple Striped Belt / 8th gup
<b>Stances</b>	I can perform a proper back stance.
<b>Kicks</b>	I can perform a proper back kick.
<b>Blocks/ Punches</b>	I can perform an outward forearm block.
<b>Footwork</b>	I can perform a side step in fighting stance.
<b>Vocabulary/ Knowledge</b>	I know what poomse, kyukpa, and kyorugi means in English. I can explain what a purple belt symbolizes.
<b>Poomse/ Poomse Application</b>	I can perform Ee Jang with more energy and precision in my stances and techniques. I can perform Ee Jang application A.
<b>Kyukpa</b>	No kyukpa
<b>Exercises</b>	I can do at least 20 push ups without stopping. I can accurately kick a target at least 50 times with front snap kicks in 30 secs.
<b>Kyorugi</b>	no new kyorugi
<b>Practice</b>	I attend class at least three times a week including Friday Sparring. I practice at home at least 20 minutes a day.

<b>Current Belt/Rank</b>	Purple Striped Belt / 8th gup
<b>Next Belt/Rank</b>	Orange Belt / 7th gup
<b>Stances</b>	no new stances
<b>Kicks</b>	I can perform a proper step back kick and jump back kick.
<b>Blocks/ Punches</b>	I can perform a proper 5-6 punch combination.
<b>Footwork</b>	I can perform a proper side step.
<b>Vocabulary/ Knowledge</b>	I know what Tae, Kwon, and Do mean in English. I can count from 31-40 in Korean.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Sam Jang, by myself.
<b>Kyukpa</b>	I can break a board with a back kick and an inner knife hand strike.
<b>Physical Fitness</b>	I can do at least 40 ab exercises without stopping.
<b>Kyorugi</b>	I am prepared to demonstrate my kyorugi techniques during test.
<b>Practice</b>	I attend class at least three times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 25 minutes a day.

<b>Current Belt/Rank</b>	Orange Belt / 7th gup
<b>Next Belt/Rank</b>	Orange Striped Belt / 7th gup
<b>Stances</b>	no new stances
<b>Kicks</b>	I can perform a proper 360 diagonal kick. I can perform a proper flying side kick.
<b>Blocks/ Punches</b>	I can perform combinations of all previous blocks and punches.
<b>Footwork</b>	I can perform combinations of all previous footworks and kicks.
<b>Vocabulary/ Knowledge</b>	I can explain why it is important not to wash my belt. I can explain what an orange belt symbolizes.
<b>Poomse/ Poomse Application</b>	I can perform Sam Jang with more energy and precision in my stances and techniques. I can perform Sam Jang application A.
<b>Kyukpa</b>	No kyukpa
<b>Physical Fitness</b>	I can do at least 25 push ups without stopping. I can accurately kick a target at least 20 times with step behind side kicks in 30 secs.
<b>Kyorugi</b>	I am prepared to demonstrate my kyorugi techniques during test.
<b>Practice</b>	I attend class at least three times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 25 minutes a day.

<b>Current Belt/Rank</b>	Orange Striped Belt / 7th gup
<b>Next Belt/Rank</b>	Green Belt / 6th gup
<b>Stances</b>	no new stances
<b>Kicks</b>	I can perform a proper reverse diagonal kick. I can perform a proper hook kick.
<b>Blocks/ Punches</b>	I can perform a proper double knife hand block, downward/ upward palm press, and fingertip thrust.
<b>Footwork</b>	I can perform a proper reverse step and front check.
<b>Vocabulary/ Knowledge</b>	I know what sa bu neem and gwan jang neem means in English. I can count from 41-50 in Korean.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Sa Jang, by myself.
<b>Kyukpa</b>	I can break a board with a jump back kick and a reverse punch.
<b>Physical Fitness</b>	I can do at least 50 ab exercises without stopping.
<b>Kyorugi</b>	I am prepared to demonstrate my kyorugi techniques during test.
<b>Practice</b>	I attend class at least three times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. Level One: One-on-one. I make time before class to help a lower belt.

<b>Current Belt/Rank</b>	Green Belt / 6th gup
<b>Next Belt/Rank</b>	Green Striped Belt / 6th gup
<b>Stances</b>	no new stances
<b>Kicks</b>	I can perform a proper 360 back kick.
<b>Blocks/ Punches</b>	I can perform combinations of all previous blocks and punches.
<b>Footwork</b>	I can perform combinations of all previous footworks and kicks.
<b>Vocabulary/ Knowledge</b>	I can explain the importance of KIYOP. I can explain what a blue belt symbolizes.
<b>Poomse/ Poomse Application</b>	I can perform Sa Jang with more energy and precision in my stances and techniques. I can perform Sa Jang application A and B.
<b>Kyukpa</b>	No kyukpa
<b>Physical Fitness</b>	I can do at least 30 push ups without stopping. I can accurately kick a target at least 50 times with alternating diagonal kick in 30 secs.
<b>Kyorugi</b>	I am prepared to demonstrate my kyorugi techniques during test.
<b>Practice</b>	I attend class at least three times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. Level One: One-on-one. I make time before class to help a lower belt.

<b>Current Belt/Rank</b>	Green Striped Belt / 6th gup
<b>Next Belt/Rank</b>	Blue Belt / 5th gup
<b>Stances</b>	I can perform a proper forward/backward cross stance. I can perform a proper right/left stance.
<b>Kicks</b>	I can perform different combinations of kicks.
<b>Blocks/ Punches</b>	I can perform a proper hammerfist and inward elbow.
<b>Footwork</b>	I can perform a proper cross step and side check.
<b>Vocabulary/ Knowledge</b>	I know what chung and hong mean in English. I can explain what commitment means.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Oh Jang, by myself.
<b>Kyukpa</b>	I can break a board with a diagonal kick and an outer knife hand strike.
<b>Physical Fitness</b>	I can do at least 60 ab exercises without stopping.
<b>Kyorugi</b>	I am prepared to demonstrate my kyorugi techniques during test.
<b>Practice</b>	I attend class at least four times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. When I am not testing for promotion to a new belt, I attend review tests. Level Two: Referee Prep. I can call out the competitors and begin a sparring match.



<b>Current Belt/Rank</b>	Blue Belt / 5th gup
<b>Next Belt/Rank</b>	Blue Striped Belt / 5th gup
<b>Stances</b>	No new stances
<b>Kicks</b>	I can perform combinations of all previous kicks.
<b>Blocks/ Punches</b>	I can perform combinations of all previous blocks and punches.
<b>Footwork</b>	I can perform combinations of all previous footworks and kicks.
<b>Vocabulary/ Knowledge</b>	I can explain the importance of bowing. I can explain what a blue belt symbolizes.
<b>Poomse/ Poomse Application</b>	I can perform Oh Jang with more energy and precision in my stances and techniques. I can perform Oh Jang application A and B.
<b>Kyukpa</b>	I can break a board with a 360 back kick. I can break a board with an upward knee strike.
<b>Physical Fitness</b>	I can do at least 25 knuckle push ups without stopping. I can accurately kick a target at least 25 times with alternating turning kick in 30 secs.
<b>Kyorugi</b>	I am prepared to demonstrate my kyorugi techniques during test.
<b>Practice</b>	I attend class at least four times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. When I am not testing for promotion to a new belt, I attend review tests. Level Two: Referee Prep. I can referee a sparring match from beginning to end.

<b>Current Belt/Rank</b>	Blue Striped Belt / 5th gup
<b>Next Belt/Rank</b>	Brown Belt / 4th gup
<b>Stances</b>	no new stances
<b>Kicks</b>	I can perform combinations of all previous kicks.
<b>Blocks/ Punches</b>	I can perform a proper knife hand twist block and inward palm press.
<b>Footwork</b>	I can perform combinations of all previous footworks and kicks.
<b>Vocabulary/ Knowledge</b>	I can explain what having discipline means.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Yuk Jang, by myself.
<b>Kyukpa</b>	I can break a board with an inward crescent kick and forearm smash.
<b>Physical Fitness</b>	I can do at least 80 ab exercises without stopping.
<b>Kyorugi</b>	I am prepared to demonstrate my 2-on-1 kyorugi techniques during test.
<b>Practice</b>	I attend class at least four times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. When I am not testing for promotion to a new belt, I attend review tests. Level Three: First Class. I assist with the first class at least once a week.

<b>Current Belt/Rank</b>	Brown Belt / 4th gup
<b>Next Belt/Rank</b>	Brown Striped Belt / 4th gup
<b>Stances</b>	no new stances
<b>Kicks</b>	I can perform combinations of all previous kicks.
<b>Blocks/ Punches</b>	I can perform combinations of all previous blocks and punches.
<b>Footwork</b>	I can perform combinations of all previous footworks and kicks.
<b>Vocabulary/ Knowledge</b>	I can explain the difference between fighting and self-defense. I can explain what a brown belt symbolizes.
<b>Poomse/ Poomse Application</b>	I can perform Yuk Jang with more energy and precision in my stances and techniques. I can perform Yuk Jang application A and B.
<b>Kyukpa</b>	I can break a board with a 360 diagonal kick and a ridgehand strike.
<b>Exercises</b>	I can do at least 35 knuckle push ups without stopping. I can accurately kick a target at least 20 times with dwi do dorah back kick in 30 secs.
<b>Kyorugi</b>	I am prepared to demonstrate my 2-on-1 kyorugi techniques during test.
<b>Practice</b>	I attend class at least four times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. When I am not testing for promotion to a new belt, I attend review tests. Level Three: First Class: I assist with the first class at least once a week.

<b>Current Belt/Rank</b>	Brown Striped Belt / 4th gup
<b>Next Belt/Rank</b>	Red Belt / 3rd gup
<b>Stances</b>	I can perform a proper cat stance.
<b>Kicks</b>	I can perform combinations of all previous footworks and kicks.
<b>Blocks/ Punches</b>	I can perform a proper scissors block. I can perform a proper low/high X-block.
<b>Footwork</b>	I can perform combinations of all previous footworks and kicks.
<b>Vocabulary/ Knowledge</b>	I can explain the difference between a good attitude and a bad attitude.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Chil Jang, by myself.
<b>Kyukpa</b>	I am prepared to perform any break asked of me.
<b>Physical Fitness</b>	I can do at least 90 ab exercises without stopping.
<b>Kyorugi</b>	I am prepared to demonstrate my 2-on-1 kyorugi techniques during test.
<b>Practice</b>	I attend class at least four times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. When I am not testing for promotion to a new belt, I attend review tests. Level Four: Class Leader I. I can lead the class in stretching exercises.

<b>Current Belt/Rank</b>	Red Belt / 3rd gup
<b>Next Belt/Rank</b>	Red Belts 1st Stripe /3rd gup
<b>Stances</b>	No new stances
<b>Kicks</b>	
<b>Blocks/ Punches</b>	I can perform different combinations of kick, blocks, punches and footworks with speed, power, energy, and fluency.
<b>Footwork</b>	
<b>Vocabulary/ Knowledge</b>	I can explain the importance of poomse application. I can explain what a red belt symbolizes.
<b>Poomse/ Poomse Application</b>	I can perform Chil Jang with more energy and precision in my stances and techniques. I can perform Chil Jang application A.
<b>Kyukpa</b>	I am prepared to perform any break asked of me.
<b>Physical Fitness</b>	I can do at least 40 knuckle push ups without stopping. I can accurately kick a target at least 20 times with dwi do dora hook kick in 30 secs.
<b>Kyorugi</b>	I am prepared to demonstrate my 2-on-1 kyorugi techniques during test.
<b>Practice</b>	I attend class at least four times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. When I am not testing for promotion to a new belt, I attend review tests. Level Four: Class Leader I. I can lead the class in stretching exercises.

<b>Current Belt/Rank</b>	Red Belts 1st Stripe /3rd gup
<b>Next Belt/Rank</b>	Red Belts 2nd Stripe /2nd gup
<b>Stances</b>	No new stances
<b>Kicks</b>	
<b>Blocks/ Punches</b>	I can perform different combinations of kick, blocks, punches and footworks with speed, power, energy, and fluency.
<b>Footwork</b>	
<b>Vocabulary/ Knowledge</b>	I can explain the purpose of poomse, kyukpa, and kyorugi. I can explain the steps of poomse, kyukpa, and kyorugi.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Pal Jang, by myself.
<b>Kyukpa</b>	I am prepared to perform any break asked of me.
<b>Physical Fitness</b>	I can do at least 100 ab exercises without stopping.
<b>Kyorugi</b>	I am prepared to demonstrate my 3-on-1 kyorugi techniques during test.
<b>Practice</b>	I attend class at least four times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. When I am not testing for promotion to a new belt, I attend review tests. Level Five: Class Leader II. I can lead the class in other areas such as lining up, circuit training and poomse review.

<b>Current Belt/Rank</b>	Red Belts 2nd Stripe /2nd gup
<b>Next Belt/Rank</b>	Red Belts 3rd Stripe /2nd gup
<b>Stances</b>	No new stances
<b>Kicks</b>	
<b>Blocks/ Punches</b>	I can perform different combinations of kick, blocks, punches and footworks with speed, power, energy, and fluency.
<b>Footwork</b>	
<b>Vocabulary/ Knowledge</b>	I can explain what a black belt symbolizes.
<b>Poomse/ Poomse Application</b>	I can perform Pal Jang with more energy and precision in my stances and techniques. I can perform Pal Jang application A.
<b>Kyukpa</b>	I am prepared to perform any break asked of me.
<b>Physical Fitness</b>	I can do at least 45 knuckle push ups without stopping.
<b>Kyorugi</b>	I am prepared to demonstrate my 3-on-1 kyorugi techniques during test.
<b>Practice</b>	I attend class at least four times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	I have made the commitment to finish what I started and earn my black belt. When I am not testing for promotion to a new belt, I attend review tests. Level Five: Class Leader II. I can lead the class in other areas such as lining up, circuit training and poomse review.

<b>Current Belt/Rank</b>	Red Belts 3rd Stripe /2nd gup
<b>Next Belt/Rank</b>	Red Striped Belt/ 1st gup
<b>Stances</b>	No new stances
<b>Kicks</b>	
<b>Blocks/ Punches</b>	I can perform different combinations of kick, blocks, punches and footworks with speed, power, energy, and fluency.
<b>Footwork</b>	
<b>Vocabulary/ Knowledge</b>	I can explain what will make <b>me</b> a great black belt.
<b>Poomse/ Poomse Application</b>	I can perform my poomse, Koryo, by myself. I can Koryo application A and B
<b>Kyukpa</b>	I am prepared to perform any break asked of me.
<b>Physical Fitness</b>	No new physical fitness activities.
<b>Kyorugi</b>	I am prepared to demonstrate my 3-on-1 kyorugi techniques during test.
<b>Practice</b>	I attend class at least four times a week including Friday Sparring and Saturday class in Wahiawa. I practice at home at least 30 minutes a day.
<b>Black Belt Prep Team</b>	As a black belt, I have made the commitment to continue my journey and pass on my knowledge of taekwondo. When I am not testing for promotion to a new belt, I attend review tests. Class Leader II: I can lead the class in stretching and warm-up exercises.



**Current  
Belt/Rank**

Red Striped Belt/ 1st gup

**Next Belt/Rank**

Black Belt/ 1st Dan

To earn your black belt, you must pass at least three belt tests. Tests will cover all previous knowledge along with a several surprises.