

HIGH YELLOW BELT

Four Bands & Time Requirements

Green Band: Form - Tae Geuk Il (1) Jang

Blue Band: One Step Sparring

Red Band: Board Breaking - Power Side Kick

Black Band: Knowledge and proper execution of all belt testing requirements including curriculum, kicking techniques, Black Belt Philosophy, and vocabulary.

Time: Average 2-3 months based on student's attendance, knowledge of curriculum, and "personal best" performance.

Kicking Skills & Other Techniques

- Sliding Roundhouse Kick
- Counter Attack
- Elbow Strike
- Back Fist Punch

Black Belt Philosophy: Courtesy & Respect

"Treat others the way you want to be treated."

The first thing a new student may notice when learning Taekwondo is all of the obvious signs of courtesy demonstrated during training. Students remove their shoes before entering the mat. They bow to one another during class. They use honorary terms such as Mr., Mrs., Master, and answer, "yes sir" and "yes ma'am." However, these actions only scratch the surface of the deeper respect intrinsically developed in Taekwondo.

Through your Taekwondo training you will come in contact with many other students. Your training partners will represent a variety of backgrounds, professions, generations, and cultures. They will also vary in skill and ability. Yet, in the Taekwondo classroom every student is treated equally and partners treat each other with courtesy and understanding. The willingness to completely accept others who are different than you is the core of respect. You will find that when you truly accept someone for who they are, you will be able to work together more easily and effectively.

The best way to earn respect is to be courteous and helpful to others!

- Use courtesy words like "please," "thank you," and "excuse me"
- Appreciate different cultures and customs
- Speak politely even when you disagree with someone
- Consider other people's opinions
- Listen attentively during class
- Bow to your instructors and classmates