

# YELLOW BELT

## Four Bands & Time Requirements

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

**Blue Band:** One Step Sparring

**Red Band:** Board Breaking - 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

- Axe Kick
- Free Sparring
- Combination Kicks
- Walking Stance

## Black Belt Philosophy: Self Control

*"The angry man will defeat himself in battle as well as in life." - Samurai Maxim*

Without self control the practice of Martial Arts can be dangerous. Unlike fighting seen all too often in video games and movies, the legitimate practice of Martial Arts is founded upon nonviolent principles such as respect, courtesy, and patience. As a student of TAEKWONDOWAY, you are expected to exhibit absolute self control when using Taekwondo. This means you will have to develop emotional as well as physical restraint, controlling your anger and frustration. Taekwondo will allow you to channel negative emotions and work them off in a healthy and safe manner.

Self control is more than just avoiding conflict, it represents staying balanced in all areas of one's life. Learn to control your impulses. It's important to apply moderation to the amount of eating, socializing, work, and even exercise that you do. As your self control and discipline improve, you will enjoy the feeling of being more in charge of your emotions and actions, your relationships will improve, and you will be trusted with more responsibility.

