



GOLD BELT (To Orange Belt) EXAMINATION REQUIREMENTS

BELT CONCEPT: SELF CONTROL

Required Equipment: hand, foot and shin pads

**Students must have a minimum of 10 classes to test for their first tip. 20 classes to test for their second tip.
Tips do not have to be tested in the order presented.**

White Tip: Count Kick & Fitness

A. 4 Count Double Round Kick: (holding wall)

1. Round kick fold
2. Round kick and re-fold
3. Round kick and re-fold
4. Foot down

B. Fitness Test: 15 good pushups and 30 sec. plank

Yellow Tip: Gold Belt Basics

1. Back fist
2. Ridgehand (defensive front ridgehand / offensive back ridgehand)
3. Back leg front kick
4. Back leg side kick
5. Back leg round kick

Blue Tip: Form

“Jayoo” form meaning "Freedom"

Red Tip: Sparring

**Double Blocks and Counters 1-5
(hand, foot, and shin pads required)**

Black Tip: Final Test (minimum 30 lessons)

Final testing will cover all curriculum learned thus far. Check your attendance card for a star stamp on the top left corner to see if you qualify for the final test. The following **must** be submitted to Master Rhee **before** the test day.

1. Typed paragraph on the importance of "**Self Control**" and where you can apply it to your life
2. Power Goal
3. TKD binder with all messages of the month since your enrollment, most recent report card, graduation application and test fee.

Upon passing the final test with the Master instructors, the final black tip will be given to you and placed lengthwise along your current belt. Students in high school and below must have a parent place the black tip along the width of the belt (at the tip) for final approval. Students who do not receive the black tip from their parents will not earn their new belt until the black tip is properly placed on the belt.

HABIT

AUTHOR UNKNOWN

I am your constant companion.

I am your greatest helper or heaviest burden.

I will push you onward or drag you down to failure.

I am completely at your command.

Half of the things you do you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed-- you must merely be firm with me.

Show me exactly how you want something done and after perfect practice, I will do it automatically.

I am the servant of all great men; and alas, of all failures, as well.

Those who are great, I have made great.

Those who are failures, I have made failures.

I am not a machine, though I work with all the precision of a machine plus the intelligence of a man.

You may run me for a profit or run me for ruin--it makes no difference to me.

Take me, train me, be firm with me, and I will place the world at your feet.

Be easy with me and I will destroy you. Who am I? I am habit!