



ORANGE BELT (To Green Belt) EXAMINATION REQUIREMENTS

BELT CONCEPT: PERSEVERANCE

Required Equipment: All sparring gear (headgear, chest guard, mouthguard, groin cup for boys)

**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 Kicks & Fitness

A. 4 Count Double Round Kick: (no wall)

B. 6 Count Double Side Kick: (holding wall)

1. Side kick fold
2. Side kick extension and hold
3. Side kick re-fold
4. Side kick extension and hold
5. Side kick re-fold
6. Foot down

C. Fitness Test: 20 good pushups and 30 sec. plank

Yellow Tip: 12 Basic Stances

12 Basic Stances (see basics poster for details)

Blue Tip: Form

"Chosang" form meaning "Ancestor" (No Music)

Red Tip: Sparring

One Step Rhythm Sparring

1. Stay with the rhythm count
2. Use both sides of your body. Vary your techniques (don't repeat the same moves)
3. Defensive blocking and movement 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 "**Perseverance**" 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.

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 I have a choice every day regarding the
attitude I will embrace for that day.*

I cannot change the past.

I cannot change the fact that people will act in a certain way.

I cannot change the inevitable.

*The only thing I can do is play on the one string I have, and that is
my attitude...*

*I am convinced that life is 10% what happens to me
and 90% how I react to it."*