

TKDWELLNESS

Belt Type	Belt Meaning & Promotion Test Requirements
White belt (9 th Kub)	Meaning: Purity and Potential. The Seed is hidden under the winter's snow. Requirements: Taegeuk Cho Don. 3 one-step sparring techniques, breaking (front-snap kick, straight punch), and verbal basic questions such as school rules or count 1 to 10 in Korean; report cards.
Yellow Belt (8 th Kub)	Meaning: Warmth of the winter sun melts the snow and allows the seed to germinate; birth of conscious and purposeful action. Requirements: Taegeuk 1; 2 one-step sparring techniques; breaking (side kick, palm), verbal questions such as Taekwondo tenets/meaning, school rules, count 1 to 20 in Korean, basic Taekwondo terminology etc.; report cards.
Orange Belt (7 th Kub)	Meaning: Same meaning as yellow belt. Requirements: Taegeuk 2; 2 one-step sparring techniques; breaking (Step-side kick, elbow), verbal questions such as Taekwondo tenets, school rules, count 1 to 20 in Korean; report cards.
Green Belt (6 th Kub)	Meaning: Color of the new sprout; represents the spring when there is growth and activity. Requirements: Taegeuk 3; 2 one step sparring techniques, free sparring; breaking (Back kick, knife hand), verbal questions such as Taekwondo tenets/meaning, school rules, count 1 to 20 in Korean, Taekwondo technique terminology, etc. report cards.
Blue Belt (5 th Kub)	Meaning: Color of youth, ambition, and rapid growth. Requirements: Taegeuk 4; 2 one-step sparring techniques; free sparring; breaking (Jumping front kick, Back fist); verbal questions such as Taekwondo tenets/meaning, school rules, count 1 to 30 in Korean, more Tae Kwon Do terminology, etc.; report cards.
Purple Belt (4 th Kub)	Meaning: Same meaning as blue belt. Requirements: Taegeuk 5; 2 one-step sparring techniques; free sparring; breaking (Jumping side kick, ridge hand); verbal questions such as Taekwondo tenets, school rules, count 1 to 30 in Korean, more Tae Kwon Do terminology etc.; report cards.
Brown Belt (3 rd Kub)	Meaning: The seedling is reaching maturity it will soon be harvested Requirements: Taegeuk 6; 2 one-step sparring techniques; free sparring; breaking (Axe kick, downward knife hand); verbal questions on Korean Taekwondo terminology; report cards.
Red Belt (2 nd Kub)	Meaning: Represents the summer's sun that swelters with the intensity of the flowering arts. Requirements: Taegeuk 7; 2 one-step sparring techniques; free sparring; breaking (Jumping back kick, hammer fist); verbal questions on Korean Taekwondo terminology and written test/essay (500 words); report cards.
Deputy Black Belt (1 st Kub)	Meaning: Represents the twilight of fall's sun. Requirements: Taegeuk 8; 5 one-step sparring techniques; free sparring (optional: full sparring gear); breaking (Spinning roundhouse, knife hand & elbow); full written test/essay (1000 words); verbal questions on Korean Taekwondo terminology and written test/essay; report cards.
Black Belt 1 Dan	Meaning: Combination of all colors. This completes a cycle that now begins again. Requirements: Taegeuk 1 to 8, Koryo; 10 one step sparring techniques; free sparring with two or three on one in addition to regular one-on-one; breaking (instructors' choice); written report (1500 word); 20 teaching hours; elementary and high school students must have passing school report card grades (no exception); 2 wallet or id size pictures of applicants.

Fun. Fitness. Empowerment.