

Your Martial Arts Journey

The Roadmap to Yellow Belt



Character Focus: Respect *"Respect begins with how we treat ourselves, our instructors, our classmates, and our family."*

WHITE BELT

- ☐ Demonstrates respectful bowing
- ☐ Demonstrate Attention Stance & Horse Stance
- ☐ Demonstrate Front Kick (Ahp Chagi)
- ☐ Demonstrate Palm Strike (Pyung Soo)
- ☐ Demonstrate Knee Strike (Moo Ryup Chagi)
- ☐ Hold Horse Stance for **5 seconds**
- ☐ Perform **10 jumping jacks**
- ☐ Perform **5 quality knee push-ups**
- ☐ Count to **5 in Korean**
- ☐ Know classroom rules
- ☐ Demonstrate proper lining up and attention
- ☐ Looking eyes, listening ears and FOCUS
- ☐ Loud "Yes Sir!" / "Yes Ma'am!"
- ☐ Keep hands to yourself & Always try your best!
- ☐ Good etiquette and loud responses
- ☐ Front Kick Board Break

ORANGE STRIPED WHITE BELT

- ☐ Demonstrate Ki Cho Hyung 1- 2
- ☐ Demonstrate Sohn Ppai Gi 1 - 5 (wrist escapes)
- ☐ Improves chambered Front Kick (Ahp Chagi)
- ☐ Twists from waist with Palm Strike (Pyung Soo)
- ☐ Cordinated Knee Strike (Moo Ryup Chagi)
- ☐ Hold Horse Stance for **10 seconds**
- ☐ Balance on one foot for **10 seconds**
- ☐ Perform **10 quality knee push-ups**
- ☐ Watched Video & ties belt w/ little assistance
- ☐ Count to **10 in Korean**
- ☐ Shows understanding of Self-Control
- ☐ Loud "Yes Sir!" / "Yes Ma'am!"
- ☐ Testing on Falls & Strikes
- ☐ Testing Ki Cho Hyung pt. 1 & 2
- ☐ Testing on Wrist Escapes 2 & 5
- ☐ Testing on Julbohng #1
- ☐ Knee Strike Board Break

YELLOW STRIPED WHITE BELT

- ☐ Perform Ki Cho Hyung 1 - 4
- ☐ Demonstrate Ki Bohn Soo 1-5
- ☐ Knows all 9 basic falls
- ☐ Successfully complete Elbow Break
- ☐ Hold Horse Stance for **15 seconds**
- ☐ Perform **15 knee push-ups**
- ☐ Perform **15 sit-ups**
- ☐ Can learn forward on straddle stretch
- ☐ Starts hand strikes at correct locations
- ☐ Correctly demonstrates all the basic stances
- ☐ Demonstrate class etiquette
- ☐ Knows the names off all instructors
- ☐ Shows a positive attitude and effort in class
- ☐ Follow directions quickly
- ☐ Practice at home
- ☐ Testing on Ki Bohn Soo # 1, 2 & 5
- ☐ Testing on Ki Cho Hyung 1-4
- ☐ Elbow Strike Board Break

YELLOW BELT

- ☐ Demonstrate Ki Cho Hyung 1- 6
- ☐ Demonstrate Ki Bohn Soo 1-10
- ☐ Loudly calls out curriculum confidently
- ☐ Demonstrate 9 basic falls correctly
- ☐ Successfully completes White Belt board breaks
- ☐ Hold Horse Stance for **20 seconds**
- ☐ Perform **5 quality push-ups from feet**
- ☐ Perform **15 sit-ups**
- ☐ Touch your toes with straight knees
- ☐ Rechambers after every kick & back to stance
- ☐ Can name all the basic stances
- ☐ Can explain why we bow & rolemodes respect
- ☐ Demonstrate great etiquette in class
- ☐ Knows *and uses* instructor titles
- ☐ Arrives on time and ready to train
- ☐ Respond loudly & respectfull - encourage others
- ☐ Can show Practice Log from home
- ☐ Testing on Ki Bohn Soo 1, 2, 5, 6 & 9
- ☐ Testing Ki Cho Hyung 1-6
- ☐ Julbohng #1
- ☐ Palm Strike Board Break

Welcome! Congratulations on starting an amazing journey

Every Black Belt started exactly where you are today. No one begins as an expert. Martial arts is about learning one step at a time, trying your best, and never giving up.

You don't have to be great to start - but you have to start to be great!

During your White Belt journey, you'll earn two different striped belts before earning your solid Yellow Belt. This is the slowest progress until Black Belt candidate (DBN) - this to lay an important foundation that all the rest of your skills will be build on. Each striped belt is a sign that you're growing in both skill and character. Don't worry about being perfect—focus on improving a little every class.

Character Focus: Respect

"Respect is how we show others they matter." "We show others respect to get respect."

Respect is one of the first lessons we learn in martial arts. We bow to show appreciation, listen when others are speaking, care for our uniforms and equipment, and encourage our classmates instead of putting them down. Respect also means respecting yourself by giving your best effort, even when something is difficult. Never you negative self-talk. Replace "can't" with "I need more practice"

What Your Instructors Are Looking For

As a White Belt, we aren't looking for perfection—we're looking for effort.

We love seeing students who: listen carefully, try again after making mistakes, respond loudly, keep a positive attitude and practice safely.

Everyone learns at a different speed - attitude and effort matter more right now.

Don't compare yourself to others and don't quit - anyone who sticks with it will grow!

Before You Test...Ask yourself:

- ☐ Do I listen the first time? What about in school or at home?
- ☐ Am I respectful to my instructors and classmates?
- ☐ Can I demonstrate my techniques with confidence and call them out loudly?
- ☐ Have I practiced at home, and can I check every box in the requirements for my next belt?

If you're trying your best and continuing to improve, you're on your way to earning your Yellow Belt - but you must also fill in these home training boxes with dates and durations before your Orange Striped Belt
Download separate Home Training logs for the next two belts (Yellow Striped White & YELLOW BELT)

Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min
Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min
Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min	Date: _____ _____min

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