



## What to Expect as a Blue / Striped Blue Belt

Congratulations!

With the attainment of blue & striped blue belt you have moved into your next phase of training towards Black Belt excellence. One way of thinking of it is that white/yellow/green ranks are like the elementary school levels of our system. Blue belt rank can be considered more like middle school. As a result the curriculum is more challenging and the masters are more demanding with regards to technical performance and training habits. At this stage, a positive

attitude and strong effort in class are essential in order to progress.

We know that the blue belt level is often one the most challenging ones for students (especially younger ones) due to the repetition necessary to improve skills and to the longer time length between recognition. Three to four months is the average time to advance between belts and periods of four to six weeks between tips are common. Commitment, determination, and attention to detail required are essential to reach the advanced ranks. We are very proud of the fact

that we have successfully helped hundreds of students to persevere through this challenging stage and to reach a new level of skill and confidence as a result. One of the greatest lessons that Tae Kwon Do provides is that virtually any obstacle can be overcome through focus and determination. All of our masters feel that one of the best gifts we can give our students is the ability to apply patience, an open mind, and continuous effort to better themselves and their abilities.

### Expectations for Curriculum and Class Participation

At the blue & striped blue belt stage our masters will continue to emphasize the importance of more detailed understanding. They will continue to refine the students performance in all areas of the curriculum. Hand and foot position will be closely scrutinized, posture and rhythm will be examined, and of course high energy and intense focus are required as well. Our goal with these exact standards is not just to turn out highly skilled martial artists. We are using these technical demands

and improvements as a tool. They are a tool to develop greater focus, self-awareness, and determination. It has been said that learning Tae Kwon Do is not about what you can do, but about what you become. Our mission is to help our students to achieve overall success in life through the martial arts.



### Striped Blue Belt Board Breaking Requirement

Back kick is introduced at this belt level. This technique will be taught in class, drilled on targets, and is required as a board breaking technique in order to advance to the red belt level. Developing a good back kick takes time and much practice. It requires balance, coordination, and body alignment. So keep practicing, you can do it!