



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

Congratulations on a job well done as you progress into the intermediate ranks of green and striped green belt in our system. By now, you have enjoyed the opportunity to participate in sparring, broken some boards at your belt tests, and hopefully participated in a special event or two. There is still plenty to learn and enjoy so let's review the new details of this level.

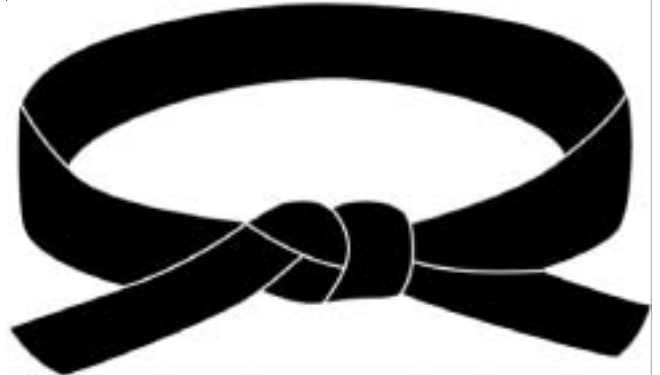
### Form Requirements

At the green and striped green belt level, your master will start to require you to be more precise with each hand technique and to possess greater balance and

stability in stances. In addition, he will look for increasingly more intense focus and effort. Generally, form tips tend to take longer to achieve especially at the striped green belt level, and one-step sparring/self-defense tips will be awarded earlier.

On average you/your child should be familiar with all of the required curriculum within the first six weeks of training at this level. Common

time needed for belt promotions at this level may be three to six months, although many children commonly require at least four months to gain proficiency in all the different areas.



### Life Skills

The life skills that we emphasize at the green & striped green belt level are cooperation and self-control. As you have already noticed, partner drills are a large part of every single class. Much of what we practice in Tae Kwon Do is more fun, challenging, and exciting when we practice together. Our masters continuously encourage students to "be a good partner" for one another. This has obvious carryover to other areas of life as well. Striving to be a good partner cultivates habits of respect, acceptance, communication, and courtesy that are invaluable at home, school, and in the community. Adult students are encouraged to actively support and cheer on one another. Children and their parents are encouraged to value differences and to give consistent effort and respect to each partner they work with.

### Special Events and Additional Services

Our special events should be one of the most enjoyable parts of your experience with our school. During the year we host a variety of activities including holiday parties, tournaments, board break-a-thons, and picnics. All of the events are designed to create special friendships and memories. They also provide extra excitement and variety in our schools and provide an added boost to students' motivation. If you haven't already done so, be sure to check out our events calendar and make time for our next activity. Remember too that special services such as speakers, safety and self defense seminars and show and tell presentations are available for your special group. Be sure to take advantage of all we have to offer.