



What to Expect as a Red / Striped Red Belt

Welcome to the advanced ranks of Tae Kwon Do. At the red belt and higher stages we consider students to be our dojang's "senior belts". This means two things. First you will be expected to have a senior or more advanced understanding of all techniques performed in class. Your teachers will hold you to a higher standard in every area of practice. This includes enthusiastic, full effort during the warm-up exercises, focused intensity during basics, respectful cooperation during

Your Personal Best

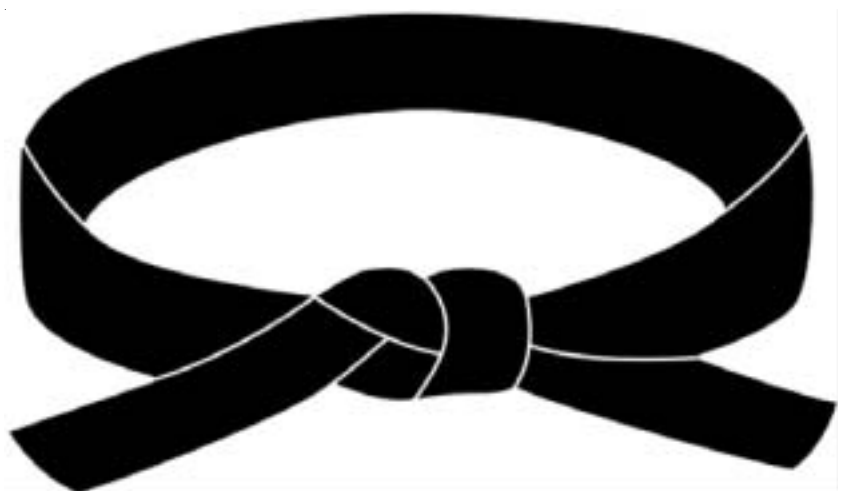
One of the most important benefits of Tae Kwon Do training is the ability to overcome obstacles and to truly know that something that seemed "too hard" or even "impossible" was in fact attainable. The experience of striving for your personal best and exceeding your current limitations is a source of great pride and confidence. As always, communicate with your masters and look to them for guidance. Together we will make sure that you not only endure these challenging requirements and standards but grow from the experience.

partner drills and better strategy and tactics during sparring. In addition, we will work together to create an impressive level of precision and power with all of your curriculum requirements.

Overall, you should find the red belt levels to be very exciting. Just like elite athletes are excited about any little change in technique that brings them greater performance, senior belts should be excited and eager to develop the fine points that takes their training to the next level. Advanced students recognize that even the most basic techniques can always be improved. The quest to refine and improve your fundamentals is never ending. At the red belt stage, "the little things are the big things" .

The second fact of being a

senior belt is that you need to acknowledge that you now have many junior belts. Whether you are an adult or a child the reality is that the other students truly will notice and even look up to you. You have obtained a level of skill and rank that is impressive to others and they will take notice of the example you set. As a result, it is imperative that you set the right example. Don't allow your long-term relationship with our school and your masters to become casual or careless. You should always demonstrate humility, sincerity, and formal respect through the use of a sincere bow and proper use of titles. Of course, these are also the habits that will bring you closer to your own black belt accomplishment.



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Progress, Persistence, and Communication

By now you have persevered and overcome many challenges. Perhaps you or your child have already weathered a time when you wanted to quit. Yet, you are here and still moving forward with the help of your masters, family, friends, and classmates. As you will hear many times, achieving black belt is not an individual accomplishment. It is a team accomplishment. Be sure to give recognition and appreciation to the people who have helped you on your quest for black belt, as they will continue to support you in your ongoing efforts.

At red belt and above, tip and belt promotions will continue to take consistent time and effort. The required time period is four to eight months, and once again it is not uncommon for younger children to be at the longer end of that time line. As a result, it is crucial that masters, students, and parents communicate and work closely together for everyone's benefit. If a child is experiencing frustration or demotivated because they haven't gotten a tip for a long time, the first priority is to help them to understand what information or skill they need to improve in order to advance. In this area, our staff are true experts. We are always ready to give students extra attention, help on areas that are challenging, and to provide praise for their current effort and progress. At the advanced levels it's important to remember that time, repetition, and continuous refinement are essential ingredients. Our students reach black belt the old fashioned way...they earn it. Every one of our staff is committed to teaching every student with patience, enthusiasm, and awareness of their individual abilities.

Red Belt Board Breaking Requirement

Spinning back kick, which is introduced at this belt level, is Tae Kwon Do's trademark kick. This technique will be taught in class, drilled on targets, and is required as a board breaking technique in order to advance through every level from red through black belt. Developing a good foundation with a spinning back kick takes time and much practice. It requires balance, coordination, and body alignment. Breaking a board with a spinning back kick is exciting and confidence building. So keep at it. You can do it!

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