

## **THE LEARNING PROCESS**

Martial art is an individual experience. A child does not move like an adult, a color belt does not perform like a black belt. Black belt does not imply mastery or ability of anything just an understanding. Knowledge, ability, and leadership skills are developed through hard work over the course of time.

Belts are like academic degrees, they are simply a way of distinguishing a level of knowledge for a skill. Humility and integrity within oneself is true a growth aspect of martial arts that is belt-less. Everyone has some of it when they start. The personal challenge is to become aware of it and to let it help guide you to maturity. By understanding this you can see that the learning process never ends. Knowledge is like a knife, if not sharpened regularly it will become dull and ineffective. This implies we are always a student.

## **TRAINING BLOCK CYCLE**

Martial artist are some of the most self-directed athletes around. However, any serious athlete needs a coach and a training program that is specifically accountable for their needs. Also, there needs to be continuous measurement of skills developed in order to see growth. This curriculum should be goal oriented with focus both mentally & physically for an ever-increasing challenge. We specialize in just this. We have about a two-month window to train our students on new materials. It is imperative that students come to as many classes as they can in order to not fall behind and or slow down their classmates. We call this training period ***the block cycle***.

***Block Cycles*** are designed around a five stage training process. The first phase is to develop the new moves in order to test for the first stripe. The second phase is the use of the moves in segments of a form to a complete form known as the poomse. The performance of the form is evaluated to the age level requirements of the student. This allows them to obtain their second stripe. In the third phase we are refining the form by practice. Our focus of the third stripe is for knowledge of their belt level offensive sparring segments, defensive sparring one-steps, and finally self-defense maneuvers. Self-defense maneuvers for example are: leverages, pressure points, submissions, grappling, and pain compliance. The fourth and final phase is complete cycle review. The student has obtained all three knowledge stripes and is working to refine the moves for their performance at the next rank graduation. The fifth and final phase is graduation day. This is when the student develops confidence and self esteem by performing for there instructor and all those privileged to watch.

Over the course of this time frame students are taught new material along with practicing previously learned materials. To show material retention, progress, and improved skills they are constantly evaluated and reevaluated. Performance of past and current material is essential to earning ones black belt.

## **Rank Promotion & Evaluation Facts**

All material covered is a building block for what is to come. No two people learn at the same rate. We use time-tested methods combined with a schedule that is conducive to the curriculum. This schedule may be perceived slow for some it may appear to fast to others. It is our policy to use the best judgment criteria in determining each individual students needs. Remember that advancement in rank is a privilege earned. Those who understand the basics are prepared to move on to more complex material. No one can possibly expect a person advance in any school of thought without having a strong foundation of the fundamentals and principles. Martial arts are no different. If a question arises to the student's abilities your senior instructor will make the final decision. Remember, evaluations are based on all the belt rank criteria. An, the evaluation process is based on five thousand years of tradition and heritage. We do not plan on deviating from them.

## **BELT- KNOWLEDGE STRIPE REQUIREMENTS**

This system is used by our instruction staff to provide immediate feedback to the level of material arts intelligence and understanding for each student during a training cycle. The sole purpose of the knowledge stripes system is to establish a basis for the course of future instruction of the student. Knowledge stripes are not an indication of rank!

### **FIRST KNOWLEDGE STRIPE**

1. **STANCES**
2. **BASICS** (*Blocks & Strikes*)
3. **KICKS**

☯ **\*\*\* PHILOSOPHY - Adults must memorize philosophy for the belt level they hold \*\*\***

### **SECOND KNOWLEDGE STRIPE**

1. **POOMSE** (FORM) – Can be performed with no assistance

☯ **\*\*\* OATH - White belts must memorize their oath for this stripe \*\*\***

### **THIRD KNOWLEDGE STRIPE**

1. **SPARRING SEGMENTS**
2. **ONE –STEPS**
3. **SELF DEFENSE**

☯ **\*\*\* Camouflage belts and above must free spar for this stripe \*\*\***







☯ **\*\*\* Brown belts and above must break their required boards for this stripe \*\*\***

#### **IMPORTANT NOTE: THESE 3 KNOWLEDGE STRIPES BELONG TO YOUR INSTRUCTORS!**

In the course of a students training should he or she be unable to perform the required stripe knowledge or in the event that the student does not complete a rank change these knowledge stripes will be removed and the material must be repeated!

## **RANK CHANGE GRADUATION REQUIREMENTS**

### **TAEKWONDO STUDENT MUST**

-  **Obtained all three Rank Qualification Belt Stripes**  
*(Also can explain each of them)*
-  **Attended 16 classes during current training cycle**  
*(We reserve the right to reduce or increase this quantity as necessary)*
-  **Passed pre-testing with Instructor and made the Test Candidate List**
-  **Been invited to participate in Graduation Ceremony.**
-  **Paid testing fees prior to Graduation Ceremony day.**
-  **A motivated Black Belt Attitude!”**

### **Making the Candidate List**






Once a student has met the general requirements for Rank Promotion there are three final areas used to decide whether a student is ready to advance in rank.

1. Can the student truly identify the individual moves?
2. Can they perform the material to a level that is appropriate to their age, rank, and abilities?
3. This is very important; do they display an attitude that reflects the characteristics of the following traits?  
***Discipline, Control, Humility, Respect, Enthusiasm, Motivation, Courage, and Self-Esteem.***

### **Late/Early Testing**

Late testing is strongly discouraged for many reasons. The recreation of a formal school testing/graduation experience is very difficult. There is a very unique amount of tension that the student must experience and endure during this event. This type of pressure is complementary to the growth of the martial artist. Events like this create physiological and emotional experiences that are felt by all athletes. Performing during practice is mentally different than the real thing.

If a student wishes to test at a time different from the scheduled graduation date the following must be known:

-  Private graduation ceremonies will incur a \$35 fee for each instructor necessary for testing to occur.
-  A formal letter must be written requesting permission to deviate the school-scheduled graduation.
-  All ranks Blue Belt and above may be declined immediately, this testing is almost impossible to recreate.
-  Student's whom cannot perform the required material will not pass or may become a recommended rank.
-  Private Testing does not guarantee rank promotion.

**Students must be continuously positive and humble through out training to develop an indomitable Black Belt spirit. If you have any questions, please schedule an appointment to see your instructor prior to test date.**