



RED STRIPE BELT CURRICULUM - Testing for Black Belt (minimum of 6 months)

ALL POOMSAE	<ul style="list-style-type: none"> • Random selection
MULTI DIRECTION KICKING	<ul style="list-style-type: none"> • 2 rounds 45 seconds each round
BREAKING	<ul style="list-style-type: none"> • 10 boards breaking
SPARRING	<ul style="list-style-type: none"> • 3 rounds 45 seconds • 1 round 45 seconds - two vs one
ATTENDANCE	<ul style="list-style-type: none"> • minimum of 6 months training • 2 Life Coaching Sessions (for students who are under 18 years old) • Minimum of 24 training days
REQUIREMENTS	<ul style="list-style-type: none"> • Essay (Topic will be given by Life Coach) • Life Coach and Master orientation (schedule a meeting) • Parent and school recommendation • 30 hours minimum of volunteer (assist in class) • 1 tournament • Kukkiwon application form • \$500 Testing Fee
PLEDGE	<ul style="list-style-type: none"> • As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I persevere to the end. My challenges strengthen me, my pains instruct me and in every battle, I emerge as a better being. I nurture an unconquerable spirit. When I am tested, I will stand firm. When I stumble, I will rise up again. I do not give up until I have overcome my trials, my enemies and myself. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!