



## FAQs for New Taekwondo Students

1. How often should I come to class?

*We recommend 2-3 times per week to ensure each student is advancing at a reasonable pace yet not getting burnt out. However, a student who has really found their "spark" with Taekwondo is always welcome to come more often.*

2. When will I receive my white belt?

*A new student will receive their white belt when they have learned and can demonstrate age-appropriate proficiency of the five core Taekwondo kicks or when they purchase their uniform.*

3. What do the belt stripes mean?

*Each color belt rank has six sections of material that a student must learn for their belt advancement test. These sections of material have been divided into color coordinated sections to allow the student to be formally assessed by their instructors or "challenge" to demonstrate their understanding of each section.*

<b>Stripe color</b>	<b>Technique</b>	<b>Requirement at White Belt</b>	<b>Week</b>
Yellow	Sparring Drills	Basic Sparring Drills 1-12	1 & 2
Green	Self-Defense Technique	One Steps 1-5	3 & 4
Black	Fitness Testing	Score: 50+, Juchum Seogi Jireugi	5
Red	Kicking Drills	Combination Kicks 1-5	6 & 7
White	Board Breaking	Youth: Flying Side Kick, Adult: Side Kick	*
Blue	Pattern (Poomsae)	Kibon Hyung	*

*\*White and Blue stripe material (secondary material) will be taught once the instructor sees a proficiency in primary curriculum.*

4. How can I earn stripes for my belt?

- *Students may challenge for any color stripe once they have completely learned and are confident in that set of technique.*
- *Students may not challenge for a stripe at the end of the same class in which they learned the technique.*
- *Only Black Belt Instructors and Leadership Team members that have received approval are eligible to conduct a challenge.*
- *Only one successful challenge stripe can be awarded per week.*
- *Students may challenge as many times as they would like in any given week until the challenge stripe is earned.*
- *Students are allowed only three mistakes during a challenge to pass.*
- *All challenge stripes are required for a student to be eligible to test.*

5. How does a challenge work?

*At the end of class, the student will stand under the American flag and wait respectfully, in joon bee, for a Black Belt Instructor or SLT to approach. When addressed, student should bow and say "Sir (or Ma'am), may I ask you a question?" When given permission, the student should ask to challenge on a particular technique.*



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6. How soon can I test for my next belt rank?

*Although belt testing occurs approximately every 7-8 weeks, it can take several test cycles for a new white belt student to "find their groove" and feel fully prepared to test. Otherwise, the beginning belt ranks can successfully prepare to test every or every other test cycle. However, once a student reaches the advanced ranks, they should expect for the preparation to take longer than at the beginning and intermediate ranks.*

7. How will I learn about upcoming belt tests, policy changes and special events?

*Share your email address with us to be included in our weekly newsletter. We will never sell or abuse your information. Also go to [www.facebook.com/BoltzsTKD](http://www.facebook.com/BoltzsTKD) and "like" our page. Our Facebook fan page is your location for up-to-the-minute updates such as traffic issues, belt tests, schedule changes as well as all of the fun and excitement going on at the gym.*

8. What if I am late to class?

*We impose a stringent tardy policy for our Taekwondo, Little Ninja and Korean Sword classes. If you arrive after the class has bowed in, you typically will not be allowed on the floor to train.*

9. What is the difference between the Student Handbook and the Curriculum Manual?

*The Student Handbook is free with your registration and includes:*

- *All of the information you will need to know to succeed in your martial arts journey with Boltz's Family Martial Arts and Fitness.*
- *Policy, procedures, history and terminology.*
- *Everything you need to know for the written portion of your Black Belt test.*

*The Curriculum Manual retails at \$30 and includes:*

- *All of the technique you need to know for each color belt rank.*
- *Each individual step of each technique*
- *Appropriate targets for strikes and kicks.*
- *All of the details you need to successfully prepare for each test.*

10. How long will it take for me to get my Black Belt?

*The journey varies for each student. A dedicated, hardworking student may successfully advance through their color belt material in as little as three years. It can take longer for students with more limited scheduled, less at-home practice, and lower class attendance.*

11. Who are the color belt assistants and are they qualified to teach me?

*The color belt assistants are known as our Senior Leadership Team or SLTs. SLTs are Taekwondo students 13 years of age or older at a rank of blue belt or higher who have expressed an interest in becoming Black Belt Instructors one day. They are in-training and advancing through the curriculum they are authorized to teach. If they are working with you on your material, rest assured that they have demonstrated a proficiency in understanding, teaching and executing the technique and will lead you well.*

12. Counting?

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|---------|----------|----------|---------|
| 1. Hana | 4. Net   | 7. Ilgup | 10. Yul |
| 2. Dul  | 5. Daset | 8. Yodul |         |
| 3. Set  | 6. Yoset | 9. Ahop  |         |