



jhoon rhee tae kwon do

1st Brown Belt Guidelines*

Since students tend to spend the most time at 1st brown, we have restructured the stripe system to help you monitor your pace and progress prior to the Black Belt Exam. There is now a total of 9 stripes required before testing for Black Belt.

Curriculum Stripes

There are 6 curriculum stripes and these will typically be earned as follows:

1st Grey Stripe:	Technical Kicks
2nd Grey Stripe:	Sparring
3rd Grey Stripe:	Chashin
1st Black Stripe:	Musical Forms <i>(Jayoo, Chosan, Hanguk, Migook, Exodus)</i>
2nd Black Stripe:	Belt Stretch
3rd Black Stripe:	Final cumulative stripe for all curriculum from White Belt.

Preparation and Character Stripes

There are 3 preparation and character stripes. These may be earned in any order, although the white stripe will not be earned until closer to the Black Belt Exam.

Red: Attitude and Leadership

Students must display proper attitude and complete all 40 required leadership credits. You may turn in your leadership card with your student card when you are ready. Remember, you may have completed your leadership requirement but may still not receive your stripe depending on our assessment of your attitude and effort.

White: Essay and Speech

(To be completed approximately 2 months prior to the Black Belt Exam.) This is earned after you turn in your 2 page, double-spaced essay, "What Jhoon Rhee Tae Kwon Do Has Done For Me," and recite your speech (60-90 seconds) to the class. This essay is required for your Black Belt Test and is the foundation for your oral speech.

Blue: Conditioning and Flexibility

This is based on the minimal requirements as set by Grandmaster Jhoon Rhee. Your goal is to be able to do 50 pushups and sit-ups in under 1 minute with good technique. We also look at your overall flexibility with emphasis on: hamstring stretches, leg split, center split, and side split.