

# Montgomery TaeKwonDo Academy

## SENIOR RED BELT Stripe Requirements

### 1<sup>st</sup> Stripe:

1. Perform Chung-Moo, with Black Belt excellence
2. Demonstrate White – Senior Yellow Belt Forms
3. Recite required knowledge for the above Forms
4. Good Attendance
5. Consistent Effort

### 2<sup>nd</sup> Stripe:

1. Demonstrate Green – Senior Green Belt Forms, without assistance
2. All required knowledge for the above Forms
3. Good Attendance
4. Consistent Effort

### 3<sup>rd</sup> Stripe:

1. Demonstrate Blue – Senior Blue Belt Forms, without assistance
2. All required knowledge for the above Forms
3. Good Attendance
4. Consistent Effort

### 4<sup>th</sup> Stripe:

1. Demonstrate Brown and Senior Brown Belt Forms, without assistance
2. All required knowledge for the above Forms
3. Good Attendance
4. Consistent Effort

### 5<sup>th</sup> Stripe:

1. Demonstrate the Blue – Red Belt self defense
2. Good Attendance
3. Consistent Effort

### 6<sup>th</sup> Stripe: (Final Approval to Test)

1. Board Braking: One Hand Technique, One Kick
2. Compose a two hundred word essay on how your MTA TaeKwonDo training has benefited you, and what earning a Black Belt will mean to you.
3. Good Attendance
4. Consistent Effort

### **To Earn a BLACK BELT:**

Students must be able to perform all skills listed above upon request.

Minimum of 72 Classes.

Positive Attitude towards fellow students and instructors.

Students must achieve personal best at this level.