



# Purple Stripe

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Purple stripe will be awarded when the student is able to answer the questions corresponding to their rank without the aid of this sheet.

## White Belt

What is our #1 Rule?	Respect
When do we bow?	Before entering or leaving the mat. While handing out objects. To salute the flags. To greet Assistant Instructors, Instructors & Masters.
How do we show respect to Masters & Instructors?	By answering with "Sir" or "Ma'am".
How do we show respect to your parents?	By obeying the first time.
When should we use Taekwondo on another person?	If your safety is in danger and no one else is around to help.

## Yellow Belt

What are some types of bullying?	Verbal, Social, Physical, Cyber.
What should you do if you or someone you know is being bullied?	Report it to a Teacher or Instructor, Tell your parents.
What is Confidence?	To believe in yourself.
How can you show confidence in yourself?	Have eye contact, stand up straight, speak loud and clear.
What are 3 things you like about yourself?	
<i>For Kids Class Only</i>	What is your mom/dad phone number? Home address?

## Purple Belt

What are the three rules of focusing?	Control your eyes, mind & body.
How can you stay focused on your homework/work?	Make a to-do list, remove any distractions, give yourself deadlines.
What are some ways one can get distracted from their work?	T.V, phones, tablets, loud noises.
What is the best way to follow directions?	To not talk, listen carefully and focus on the speaker.
What can you do to improve your concentration?	Eat healthy, get good sleep, meditate.

## Orange Belt

What does it mean to be Responsible?	Being dependable, keeping promises and honoring your commitment.
How can you be a responsible citizen?	Follow rules and laws.
Why is it important to be on time?	Avoid stress, show respect to others, and increases productivity.
What does It mean to be reliable?	People can trust you. You always honor your word you give to others.
What are some responsibilities you have?	

## Green Belt

What is Spirit of Taekwondo?	Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit.
What is the meaning of Courtesy?	Having good manners, being polite.
What is the meaning of Integrity?	To always do the right thing.
What is the meaning of Perseverance?	To never give up.
What is the meaning of Self-Control?	To have mental, physical and emotional control of oneself.
What is the meaning of Indomitable Spirit?	To have the courage and confidence to try again. And not be discouraged by someone else, by your fears, or failure.

## Blue Belt

Why is it important to have a positive mindset?	Having a positive mindset will lead you to happiness and a successful life.
How can you be a good influence to others?	Lead by example, encourage and praise good behavior. Give good advice to others and be selfless.
What defines Gratitude?	Focusing on what's good in your life and being thankful for the things we have.
How can you show gratitude?	Saying thank you, write a thank you letter, give a compliment
What are you thankful for?	

## Brown Belt

What are short term goals?	A goal that is achieved quickly. Helps you achieve long term goals.
What are long term goals?	Goals that take months, years or even a lifetime.
Why should we set goals for ourselves?	To stay focused, motivated, and have something to look forward to.
What are some ways to stay on track of your goal?	Set milestones, work hard, and persevere.
What is a long-term goal of yours? And how do you plan on achieving it?	

## Red Belt

What is Selflessness?	Concern more with the needs and wishes of others than with one's own.
What is Community Service?	Voluntary work intended to help people.
Why should we do community service?	To improve the quality of life for our community.
How else can you give back to your community?	Random acts of kindness to your neighbors, donate money to charities, donate toys or clothes.
How have you helped others?	

## Advanced Red Belt

What is a leader?	A person who leads a group, organization, or country.
What are qualities of a good leader?	A leader who is courageous and honest. A great leader helps others reach their goals and always leads by example.
What is the meaning of teamwork?	Working respectfully and effectively with a group and doing your share to accomplish a task.
Why is it ok to ask for help?	Handling problems on your own can be challenging and overwhelming. Trying to handle everything alone can lead to stress, frustration, and even depression.
Who do you look up to? Why?	

## Poom Belt

Write an Essay (2-page minimum) answering the following:

- What does it mean to you to become a Black Belt?
- What has been the most difficult obstacle leading up to your Blackbelt?
- Describe what you've learned apart from Taekwondo besides physical abilities.
- Describe your best memory of your Taekwondo Journey.