



Little Dragon – Belts, Stripes, and Testings

Belts:

Beginner: White, White/Orange, Orange, Orange/Yellow, Yellow

Intermediate: Yellow/Camo, Camo, Camo/Green, Green, Green/Purple, Purple, Purple/Blue, Blue

Stripes:

All Beginner Belts need to earn **five** stripes to be eligible to test to their next belt color.

- **Stripe 1:** Student will demonstrate all the **basic movements** that are found in their form.
- **Stripe 2:** Student will follow instructor through the **form** demonstrating either proper hand or foot techniques (determined by the instructor).
- **Stripe 3:** Student will perform their **bully self-defense** techniques.
- **Stripe 4:** Student will perform their **stranger danger self-defense** techniques.
- **Parent Stripe** – this is the most important stripe! Students need to earn their new belt from their parents, not just by being able to do Taekwondo.
 - Students will practice their form two times and their self-defense combinations for five minutes a night at home for one week.
 - Parents will choose a chore or behavior that the student must do/follow for that week.

All Intermediate Belts need to earn **six** stripes to be eligible to test to their next belt color.

- **Stripe 1:** Student will demonstrate all the **basic movements** that are found in their form.
- **Stripe 2:** Student will follow instructor through the **form** demonstrating either proper hand or foot techniques (determined by the instructor).
- **Stripe 3:** Student will perform their **bully self-defense** techniques.
- **Stripe 4:** Student will perform their **stranger danger self-defense** techniques.
- **Stripe 5:** Student will demonstrate **sparring** combinations chosen by the instructor.
- **Parent Stripe** – this is the most important stripe! Students need to earn their new belt from their parents, not just by being able to do Taekwondo.
 - Students will practice their form two times and their self-defense combinations for five minutes a night at home for one week.
 - Parents will choose a chore or behavior that the student must do/follow for that week.