

*Creating Confident Leaders of Tomorrow!*

# Student Handbook

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## Waldorf Martial Art's Mission

Our mission is:

To provide our students with an exceptional Taekwondo program in a clean and friendly, family-oriented environment.

To always teach our students to the very best of our ability.

To guide our students to try their very best not only with their Taekwondo training, but in everything that they attempt.

## Welcome to Waldorf Martial Arts!

Dear Student,

Welcome to Waldorf Martial Arts (WMA). You have chosen the finest school in the area, dedicated to making your martial arts experience enjoyable and rewarding. Our team of instructors are the best. And they are dedicated to assisting you in being the best that you can be.

Our program is structured so that our students develop a wide variety of personal safety skills, including kicking, punching, and blocking. As our students learn these skills, they are also absorbing the social and mental benefits for which the martial arts are renowned: self-discipline, respect, courage, honesty, compassion, commitment, and self-sacrifice. At Waldorf Martial Arts, we not only teach our students to defend themselves we teach them to better themselves mentally, physically, and socially. Although we honor martial arts traditions that go back centuries, we are not static. We constantly seek new and innovative ways to enthuse and excite our students.

This handbook has been developed so that we may better serve you. It contains the information you will need to take advantage of the many programs we offer. Please keep it available for future reference.

Your best interests are always uppermost in our minds. Our Instructors and staff are always ready to help you in any way during your training. We will be happy to discuss your progress at any time.

Best wishes on the journey you now begin.

Sincerely,

The Waldorf Martial Arts Staff



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## **About The Academy**

### **History**

The Waldorf Martial Arts Club was established in 1987 in an effort to offer the Waldorf Community a quality family environment in which to practice the martial art of Taekwondo. Our focus today remains the same as in the beginning: to provide a quality environment where families grow strong together through the discipline of martial arts practice.

### **Philosophy**

The Waldorf Martial Arts approaches instruction in Taekwondo as not merely a method of learning how to defend one's self but rather as a way of living one's life and developing one's character. Put simply, academy members strive to become better persons, both physically and mentally. They do this by not only practicing the Art's physical techniques, but also by structuring their lives by a set of tenets (Code of Ethics). There are five tenets:

**COURTESY:** Refers to the student's ability to respect themselves, as well as others.

**INTEGRITY:** Refers to the student's adherence to an honor code of behavior. This concept entails striving to be honest with oneself and others in both thought and action. This approach enables students to develop their strengths and minimize their weaknesses.

**PERSEVERANCE:** Refers to the student holding steadfast to a course of action, belief, or purpose. This tenet governs the student's tenacity, or ability to complete what is begun.

**SELF-CONTROL:** Refers to the student's capability to keep their emotions consistent and in balance over time. Developing this principle will permit the student to better live in harmony with self and the environment.

**INDOMITABLE SPIRIT:** Refers to the student's freeing their spirits in a manner that enables them to achieve the greatest level of potential. This ideal also encourages students to tirelessly pursue and stand firmly for the principles they hold to be true. This tenet governs the student's self-confidence.

## **WMA's Founders**

**Master J. Roger Cavanaugh (a.k.a.: "Mr. C.")** Mr. Cavanaugh began his Martial Art training in February, 1977, at the University of Louisville. His instructor at the time was Dr. James Brockway of the American Chung Do Kwan Taekwondo Association (ACTA). Mr. Cavanaugh received his Black Belt in August, 1979, from the ACTA. Shortly thereafter, he moved to the Washington, D.C., area. Upon relocation, Mr. Cavanaugh, not finding a Taekwondo school in his neighborhood, began studying another Korean Martial Art call Tang Soo Do and, in 1982, received his Midnight Blue Belt (the equivalent of a Black Belt in Taekwondo) from The United States Tang Soo Do Moo Duk Kwan Federation; U.S. affiliate to the Korean Soo Bahk Do Association, Grand Master Hwang Ki. Mr. Cavanaugh also had the opportunity to study the Chinese Art of Shaolin Long Fist Kung Fu and received a Black Sash in 1986 from Si-Gung Michael Barry. He also was certified in Yang Style Tai Chi Chuan in that same year.

In 1987, Mr. Cavanaugh decided to continue his training in Taekwondo as well as begin teaching it. Along with his wife, Debbie Cavanaugh, he established the Waldorf Taekwondo Academy. The academy's name was later changed to Waldorf Martial Arts.

**Master Deborah J. Cavanaugh (a.k.a.: "Mrs. C.")**- Mrs. Cavanaugh began her Martial Arts training in July 1974 at Prince Georges Community College, Largo, Maryland. The style was Okinawan Shuto Kahn Karate. Mrs. Cavanaugh also received instruction in Hap Ki do and Ju Jit Su while studying Shuto Kahn. In 1981, Master Cavanaugh began study in Tang Soo Do, Moo Duk Kwan, and, in 1984, received her Black Belt from the United States Tang Soo Do, Moo Duk Kwan Federation, Grand Master Hwang Ki, founder of Tang Soo Do. It was during this time that Mr. and Mrs. Cavanaugh met and were married. In 1984, in an effort to expand their knowledge of the Martial Arts, Mrs. Cavanaugh, along with Mr. Cavanaugh, began study in Shaolin Long Fist Kung Fu and Tai Chi Chuan. Master Cavanaugh resumed her training in Taekwondo in 1987 at the Cavanaugh's newly formed Club. Today, she is an integral part of the school's operation. Mrs. Cavanaugh also serves as the Waldorf Martial Arts General Manager in charge of school policies, procedures, & operations as well as student services.

## **What is Taekwondo?**

### **A Brief History**

Taekwondo is a Korean Martial Art. "Tae" means foot, "Kwon" means hand, and Do means "the Way". Literally translated it means The Way of the Foot and Hand. The word "Taekwondo" was coined in 1955 by a South Korean Brigadier General named Hong Hi Choi. Taekwondo was born out of an indigenous Korean Foot-Fighting art called Tae Kyeon and Japanese Karate (which the General learned while imprisoned by the Japanese Government during their occupation of Korea). General Choi headed up the Military School of Taekwondo called the Oh Do Kwan (meaning School of My Way). The Famous South Korean 29<sup>th</sup> Infantry Division (also known as the White Horse Brigade) was the vehicle through which he developed Oh Do Kwan Taekwondo Training for the R.O.K. Armed Forces. At the same time a colleague of his, Won Kuk Lee, was training civilians in South Korea at the Chung Do Kwan School of Taekwondo (Chung Do Kwan means School of the Blue Wave). Master Lee's Chung Do Kwan was the largest and most popular civilian Taekwondo School in Korea.

In the late 1950's and early 1960's, American Armed Forces were called to South Korea to help control the attempt of Communist North Korea to dominate the Democratic Republic of South Korea. While stationed in South Korea, many U.S. GI's learned Taekwondo from the South Korean soldiers. Upon returning to the States, they began teaching Taekwondo themselves to Americans. Most notably, Chuck Norris, actor and martial artist, came back and began teaching Taekwondo to movie stars and film directors in Hollywood, California. This eventually led him to his now highly successful career in acting.

Today, Taekwondo is taught in countries all over the world. It is the most popular and most widely practiced of the Asian Martial Arts. In 1988 it was made an Olympic Demonstration Sport and in the 2000 Olympics in Australia it will be introduced as an official Olympic Medal Sport.

Taekwondo is recognized, today, as not only the most effective and scientific method of learning self defense but also as a fun and exciting means to teach our youth values such as respect, discipline, patience, courage, and effort. Adults practicing Taekwondo can expect reduced stress levels in their lives, keep fit and feel better, increase their energy and self-esteem, and enjoy the comradery and friendship of other adults with an interest in Taekwondo.

### **The Purpose of Taekwondo**

Taekwondo is not a sport. While it does have a competition aspect, this is just one small facet of the Art. Furthermore, the competition aspect of Taekwondo was not developed to win medals at all, but rather to test one's skills in a situation that, as closely as possible, resembles an actual self defense scenario; it was meant to make a student face his or hers own fears and learn to control them under pressure.

In reality, the Art of Taekwondo in its entirety is a way of thinking and acting. It is a way of life that all students can enjoy. The utmost purpose of Taekwondo is to develop an individual's self-confidence and self-esteem; to help him or her realize their full human potential, not just physically, but mentally and spiritually as well! It challenges each individual to develop, to the fullest, their personal abilities.

In short, Taekwondo's purpose is to strengthen the individual physically and spiritually through it's rigorous training methods and morally and ethically through its philosophy. As Taekwondo accomplishes this end we will begin to see stronger families which lead to stronger communities and ultimately to a more peaceful world for us all. This is the promise of Taekwondo, the Art. And everyone, young or old, male or female, weak or strong, big or small, may enjoy the benefits attained from practicing Taekwondo's physical and philosophical lessons.

## **School Communication**

### **WMA Website and Facebook Fan Page**

Keep abreast of Events, activities, announcements, interesting articles, pictures, videos and more at [www.waldorfmartialarts.com](http://www.waldorfmartialarts.com) and on Facebook at <http://www.facebook.com/pages/Waldorf-Action-Martial-Arts-Inc/144068648983619>.

### **WMA Monthly Calendar**

Every month, WMA publishes a Calendar of Events to keeps students and parents informed about upcoming events and activities. Please check your calendar each month and mark the important dates on your calendar. (also available on our website at: <http://waldorfmartialarts.com/category/waldorf-martial-arts-students-monthly-calendar-of-events/>)

## Announcement Boards and Class Announcements

Announcement Boards are located in the school's lobby and right outside of the main classroom. Upcoming events are always announced during class as well. Please be sure to check the announcement board regularly for upcoming events, schedule changes, special classes, class cancellations, etc. There is also a monthly event calendar located at the school counter.

## Suggestions & Comments

We are always open to suggestions and constructive comments about how we might be able to improve our school. Please write out any suggestions or comments you have and drop them off at the school counter. Please don't forget to put your name on any suggestion you submit so we may discuss it with you further.

## Private Appointments

Appointments are always available during the day and evenings. Please call to schedule one if there is a need to discuss an issue or concern.

## **School Procedures and Policies**

### Student Attendance

Attendance is crucial to progress. Progress keeps interest high. When interest is high, the goal is achieved. For this reason, attendance is closely monitored at our school. To help us do this, every student is issued an attendance card when they begin. Attendance cards are color coded based on the student's Belt Color. Your instructor or an assistant will collect the attendance cards at the beginning of your class.

When you arrive for your first group lesson, ask our receptionist in the school Pro-Shop for your attendance card. Tell him/her that this is your first group lesson. He/She will prepare and give you your attendance card (and your uniform if you have not yet received it) and show you to your class.

After your first group lesson, you will be responsible for bringing your attendance card into class. If you have any problems finding your card, ask any of our staff and they will be glad to help.

Remember, your attendance card, in addition to being your record of attendance, is a visible indication of your progress toward your next stripe or belt. Please don't forget to pick up your card and take it into class. It is to your benefit. Each belt rank has a minimum attendance requirement of two classes per week for advancement. We understand that sometimes missing class is unavoidable. If you know in advance that you are going to be absent, please call the school and let us know. It is the student's responsibility to make up the class or risk being held back at belt promotion time.

If you are going on vacation please be sure to let us know. If classes are being missed due to other sports activities, we recommend that you try to continue with your Taekwondo training with at least one class per week to maintain your skills. If this is not possible, please let us know so we can inform your instructors and put your program on hold if necessary.

### Class Schedule

WMA offers an open schedule. You are not locked into specific days, but may attend class at any regularly scheduled class for your rank and age. For beginner and intermediate ranks (white through blue/purple belts), a minimum of two classes per week is recommended. One class per week should be a designated "A" day, during which emphasis will be placed on Forms, One-step Sparring and Basic Technique Development. The second class-day during the week should be a "B" day, during which Free-sparring techniques & Self-defense skills are emphasized.

A copy of the current schedule, showing designated A and B days, is always available at the school counter. We will be glad to help you determine which days and times are best suited to your schedule. If you foresee a potential schedule conflict, please, contact the school so we can help you solve it.

### Class Dress Code

The basic Taekwondo uniform consists of white pants and V-neck top. Female students should wear a white T-shirt under the top. Students may also wear an approved rank T-shirt (available in our Pro Shop) with uniform pants. Black Belts may wear all black uniforms.

Students practice bare-footed, so shoes and socks should be removed before class (Special Taekwondo practice shoes can be worn for students who may need to wear shoes. They may be ordered at our school Pro-Shop).

## School Closing

Closings for holidays or special events will be posted on the school message board in the viewing area and will be announced on the monthly calendar. During the winter, WMA does not follow the Charles County Schools closings for bad weather. If bad weather occurs, please call the school for pre-recorded closing information.

## Lost and Found

All items that are left behind at the Academy will be stored in the Lost and Found. Small articles, such as jewelry, keys, and watches will be kept safely behind the front counter. All items that remain unclaimed for more than 30 days will be donated to the Charles County Children's Aid. Socks, mouthpieces, and supporters will not be kept. WMA is not responsible for articles lost or stolen at the academy.

## Take Pride in your school. Keep it Clean!

We ask that each student and family take pride in your school by helping to keep it clean and trash free. If you see some trash lying around either inside or outside, please pick it up and dispose of it properly. Please report spills, messes, and bathroom accidents to a staff member so we can clean it up. If soap, paper towels, or toilet paper is needed in a bathroom, please let one of the staff know about it. A clean and trash-free school is a school we can all be proud of!

## Guest Policy

Your WMA family is always delighted to meet your friends and relatives. If you would like to bring guests, please do so. We will be happy to accommodate them. Please don't forget to introduce your guest to our staff and instructors. The school also provides special Buddy Day programs upon occasion. (See the section on Additional Programs.) Friends are always welcome at any of our extra-curricular events, too! Our VIP Trial Lesson Guest Passes are available at the counter if your guest is interested in taking lessons.

## No Smoking Policy

Waldorf Martial Arts is a smoke free zone. However patrons who wish to smoke may do so outside.

## Pet Policy

Sorry, pets are not allowed inside of our school.

## Tuition and Your Agreement

It is important to keep your tuition payments up to date. If there are ever any challenges to making timely tuition payments, please contact the academy about the situation.

## Required Safety Rules of our School

Safety in the school is of vital importance. We must all work together to create a safe environment. If you observe anyone, at any time, who is failing, in your opinion, to maintain the highest levels of safety, report it to a staff member immediately. To maintain safety in our classroom and to maintain a positive and respectful Martial Arts environment, we request that our students follow these guidelines:

1. Always place your shoes and socks neatly under the benches so that they are out of the way.
2. Respect the property of other people.
3. Keep uniforms neat and clean.
4. Practice good personal hygiene habits.
5. Please remove all jewelry before entering class (with the exception of wedding rings).
6. Respect the class that is in session: Lower the volume of your conversation if warming up in the back of the classroom, and quietly prepare for your class.

7. Please be on time for your class. Arrive 10 minutes prior to your class.
8. Always have your attendance card before entering class.
9. Perform a formal "bow" before you step onto the mat.
10. Always be well mannered and courteous toward others.
11. Introduce your guests or visitors to an instructor.
12. No unattended or unsupervised children are permitted on the training floor.
13. Enter class with energy and demonstrate your enthusiasm for learning.
14. Focus your eyes on your instructor.
15. Always show your best attention and give your instructor positive responses to questions.
16. Demonstrate proper posture and attitude at all times
17. No vulgarity or obscene language is permitted in the school.
18. No gum chewing is allowed in class.
19. ***Steady and consistent attendance is essential to progress.*** Please notify your instructor if you will be missing class.
20. Memorize the Taekwondo Oath and recite it at the end of each class. Learning, Understanding, and applying its meaning will enhance your progress.
21. Learn to tie your uniform and belt properly.

## Required Safety Gear

Free-sparring is one part of the class curriculum that begins to be stressed more heavily at the Green Belt level; after the student has had nine to twelve months of training in various types of drills designed to prepare him/her for sparring. In order to fully participate in Green Belt classes, students should purchase protective sparring gear by the time they reach this rank.

Required gear for free-sparring includes foam dipped head gear, hand and feet gear, a mouth piece and protective groin cup for males. Optional equipment includes shin pads, forearm pads, and rib protector (or full chest and stomach protector).

Sparring gear is available at our pro-shop in specially priced packages. Please be sure to personalize your safety equipment by printing your name with a permanent marker on each piece.

## Classroom Sparring Rules

Equipment: All students participating in free sparring are required to wear approved protective gear.

Contact Free Sparring rules: Most Free-sparring sessions are conducted with students wearing protective sparring gear. Students, in such sessions learn strategies to maneuver and score "points" on their partner by making light contact to appropriate target areas with proper and appropriate techniques. Every precaution is taken during contact free-sparring practice to ensure the safety of the student. Indeed, very few injuries ever occur during free-sparring practice at our school.

1. All punches and kicks are allowed to touch the target areas.
2. Target areas with the hands include the stomach, chest, side of chest/stomach area above the belt, and head area covered by head gear. Hand techniques are not allowed below the belt, to the back, or kidney areas. Hand techniques are not allowed to the face or neck. Light contact is permitted only to the areas of the head covered by head gear.

3. Hand techniques that are acceptable during contact free sparring include punches, back fists, and ridge hand strikes. Hand techniques that are not acceptable during contact free sparring include any blind or uncontrolled hand techniques, as well as the following specific techniques: knife hands, spear hands, thrusting fingertip strikes, hammer fists and elbow techniques.
4. Target areas with the feet include the stomach, chest, side of chest/stomach area and head area that is covered by head gear. Foot techniques are not allowed below the belt, or to the back, kidney, or neck areas.
5. Foot techniques that are acceptable include any kick with the exception of blind techniques, sweeps, take-downs, or knee techniques.

### **Additional Student Services and Programs**

Waldorf Martial Arts offers a wide variety of student services and programs in addition to regular classes to enrich the experience of our students and their friends.

#### **The Pro Shop (School Office & Supply Store)**

WMA has a full-service Pro Shop. The Pro Shop provides a wide variety of martial arts equipment, weapons, and clothing. The Pro Shop has made acquiring the proper safety equipment and weapons much easier for our students. Required sparring gear may be purchased one piece at a time, or you may choose one of the Shop's gear packages. In addition, clothing items, such as T-shirts, jackets, pants, shorts, novelty items, and special training packages are available that bring you special savings on items martial artists want most.

Many items are in-stock, but special orders may be placed. These orders are placed the first and third week of each month, and can take 1 to 2 weeks to be delivered. Gift Certificates also are available at the Pro Shop. The Pro Shop accepts cash, checks, American Express, VISA or MasterCard. Don't forget to check your newsletter for monthly and Holiday specials!

#### **Special Help Classes**

From time to time, a student may need special attention. When this is the case, a special help class may be scheduled. This class is a private session with an that focuses on trouble areas in the curriculum. To set up a special help class, permission must be obtained from one of the instructors.

#### **Buddy Days**

Special days will be designated as "Buddy Days," meaning that regular WMA students may bring a buddy to class, free of charge. Buddy Days will be announced on the monthly calendar.

#### **VIP Sponsorship Guest Pass Program**

The VIP Sponsorship Program, allows you to bring your friends and relatives to our school to try out classes at no expense or risk. We recognize that it is more fun to train with a friend and that students who have friends to support them at class time will train longer and classes will be more enjoyable. You may pick up a VIP Gift Certificate at the Pro Shop counter. The gift certificate entitles a friend to a FREE trial lesson.

#### **Academic Achiever**

This program is designed for our school aged children. Its purpose is to recognize Taekwondo students who also excel in their academic school work. In order to qualify for this award, students must have regular attendance and receive nothing lower than an "A" or "B" on their report card. The award for this program is an "Academic Achiever" patch which is to be worn on the student's TKD uniform top. Subsequent recognition of academic excellence is awarded by presenting "Academic stars" to be worn underneath the "academic Achiever" patch (red stars are awarded for all "A" and "B" marks on the report card; gold stars for straight "A" marks.)

#### **Tournaments and Clinics**

Tournament competition is not a requirement at WMA. Nevertheless, we do participate in tournament competitions, if you or your children would like to get involved. Tournaments are designed for all ages and ranks. Most tournaments consist of forms competition and sparring competition.

#### **Competition Team**

For students interested in pursuing competition, we have a special competition-oriented class on Friday nights. Full sparring gear is required to participate in this class.

## **Curriculum and Advancement**

### **What We Teach**

Every movement in Taekwondo is scientifically designed with a specific purpose. Constant repetition teaches patience and how to overcome any difficulty. The tremendous power generated from one's body develops self-confidence. Sparring teaches humility, courage, alertness, accuracy, and self-control. Practicing forms teaches flexibility, grace, balance, and coordination, while the basic class drills and exercises develop preciseness and teaches the method, principle, and purpose. Eventually, Taekwondo training permeates every conscious and subconscious action of the student. Thus, Taekwondo offers a strict self-imposed discipline along with the spirit of cooperation and mutual respect.

Taekwondo also teaches tenacity and concentration and it is also an effective form of relieving tensions and pressures from long hours of work and study. A session of training can refresh the student and help calm and clear the mind, permitting the student to once again focus their energy on the task at hand.

At each level of study (beginner, intermediate, and advanced belt levels), the WMA curriculum includes these basic components: Basic blocking, striking and kicking techniques; Predetermined choreographed sets of blocking, striking and kicking techniques called "forms"; block and counter maneuvers called "One-step Sparring"; and "Free-sparring."

Forms can be compared to the floor exercises of gymnastics. Proper execution of one or two forms per rank is required for advancement.

One-step sparring drills are intended to help students perfect their blocking and evading skills, as well as their reactions. One-steps also focus on proper distancing and speed. At each rank, students are taught several new one-steps.

Free-Sparring practice brings together all the different techniques and drills learned during class and combines them with the competitive spirit of a sport. Initially, class sparring includes no contact exercises; later, for more experienced students, contact drills and matches are included in the curriculum. Safety gear is required for any contact drills or Free-sparring matches.

Beginning at the intermediate ranks (green belt and above), board breaking is included in the curriculum. Board breaking teaches the student focus. It also develops proper distancing in addition to the proper execution of a technique. It also helps to develop the student's self-confidence by eventually overcoming the fear of breaking the board. We have special "board breaking practice" nights each month. Please check the newsletter to find out which night best fits your schedule. Ask your instructor to help you determine what size board you should be practicing with. Boards may be purchased in various pre-cut sizes at our Pro Shop.

### **How we teach**

To facilitate optimum learning and progress, we have several different Programs a student may be enrolled in based on age and maturity. Each program has its own curriculum and requirements for advancement.

Lil' Dragons: The Lil' Dragons Program, for 4-6 year olds, is a detailed curriculum that focuses on improving young school age children's basic motor and listening skills. These skills will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home and more ambitious towards the future. Our program will enhance positive development in a fun and motivating way.

The Lil' Dragons curriculum consists of developing Eight Major Skills that are necessary for participation in any sport or activity. The curriculum also contains Eight Lil' Dragons Personal Development Skills that are used to reinforce family values. The following are the skills with the benefits from participating in the Lil' Dragons class: Focus, Teamwork, Control, Balance, Memory, Discipline, Fitness, and Coordination.

Junior's Program : Martial Arts is well known for enhancing a child's concentration and their ability to focus. Our Juniors program, for 7-12 year olds, fosters a supportive and caring environment for learning. It focuses on the personal development of each student. The program is structured to allow our instructors to give personalized attention to each student. Classes are designed to give every student both maximum progress and enjoyment.

Simply put, our Juniors program will develop your child into a stronger, more capable individual by teaching them self-discipline and how to avoid negative peer pressure.

This is accomplished not only through practicing the Art's physical techniques but also by encouraging each student to adopt a set of *tenets*, or rules, to help them maximize their full human potential. The five tenets are: Courtesy, Integrity, Perseverance, Self-control, & Indomitable Spirit.

The Teen & Adult Program : Many of our student's parents find that Taekwondo is an activity that they too can enjoy. Our teen & adult program is a great physical workout that is also a terrific stress reliever. The teen & adult program allows teens and adults of all ages to participate in Taekwondo training at their own pace. Students enrolled in our program can expect increased energy and vitality, a greater degree of flexibility, weight control, muscle toning and better overall health. Our teen & adult program is also a great way to meet and make new friends.

Adults who want to practice together with junior family members (ages 7 to 12) may attend Junior classes together. However, juniors may not attend adult classes, except in special situations with permission.

## Class Structure

WMA has an entire staff of trained, full-time and part-time instructors. We strive to maintain at least a 10 to 1 student-teacher ratio at all times. Classes are broken down into "A" days and "B" days:

"A" days: "A" days cover one section of the curriculum, usually basic technique practice, block and counter reaction drills, such as "one-step" sparring, and Forms (patterns) practice.

"B" days: "B" days cover the other main section of the WMA curriculum, usually kicking drills, free-sparring drills, and, for advanced students, free sparring and grab-release drills.

Students are encouraged to attend at least one "A" day and one "B" day each week, and should strive to make up any missed lessons as this could slow down their progress. Students who enjoy participating in seasonal sports (e.g., soccer, football, etc.) are encouraged to do so, and may cut their training back to one day a week for Taekwondo if they need to do so. Students who come only one day a week because of participation in a seasonal sport should come on the "A" day since the most important parts of our curriculum are taught on these days.

## Our Belt-Promotion System

Waldorf Martial Arts has a ten Belt System of Advancement. Following are the Colored Belts in ascending order:

Beginner Belts:	White Belt, ½ White/ ½ Orange Belt, Orange Belt, & Yellow Belt
Intermediate Belts:	Green Belt, Blue Belt, ½ Blue/ ½ Purple Belt, & Purple Belt
Advanced Belts:	Brown Belt, Red Belt, ½ Red / ½ Black Belt, & Black Belt

Once a student attains their 1st Black Belt level, or "Degree" as it is called, they can continue training towards higher Degrees. There are 9 Degrees of Black Belt in Taekwondo 1st through 3<sup>rd</sup> Degrees are considered Novices, 4th through 7<sup>th</sup> Degrees are considered Master Instructors, 8<sup>th</sup> and 9<sup>th</sup> Degrees are considered Grand Masters of the Art.

Time Requirements for all students holding colored belts require the student to train no less than 2 times a week for a minimum of 3-4 months at each belt. Black Belt levels have varying time requirements depending on what Black Belt level a student is at.

## Progress & Promotions: The Monthly Stripe Test & Belt Test

At Waldorf Martial Arts, we realize that, if people see genuine progress, they will enjoy the activity much more and practice longer. We make every effort to show our students the progress they are making through our innovative promotional "Stripe Testing" progress review system.

### The "Stripe Test"

Students are evaluated monthly at a "stripe Test" usually in the 2<sup>nd</sup> full week of each month. To show progress towards their next belt color, colored "stripes" are placed on their belt to indicate their progress towards the next colored belt. Only one stripe is awarded each month. Once a student receives their "Red" stripe, he/she may attend the Belt Test later that month.

### The "Belt Test"

At the Belt test the skills required at the current belt rank must be satisfactorily demonstrated to be promoted to the next colored belt. Students who pass their belt test are awarded new colored belts and certificates of rank during. Students who do not pass their belt test may re-test the following month at the next scheduled Belt test.

In order to receive the new belt, a student must be a currently registered AAU member and their tuition payments must be up-to-date. The specific date for Stripe Testing and Belt Testing is in the WMA monthly Calendar of Events available in the school lobby.

## Required Curriculum by belt rank

### All belts:

- Tuition payment is up to date.
  - Testing Application & fee turned in.
  - Grades are satisfactory at school.
- Intent to promote turned in.
  - Attendance is satisfactory at Taekwondo class.

## White Belt

Complete 16 Classes in 2 months(receive an Orange Stripe and a Red Stripe on your belt)

Complete 2 Monthly "Character Development Homework" assignments (given out monthly)

Complete 2 Monthly "Karate Homework" logs (given out monthly)

**Turn in, before test day, an 'Intent to Promote' letter signed by your school teacher and parent/guardian**

### Knowledge

What are the 3 rules of concentration? = Focus your eyes. Focus your mind. Focus your body

What does Taekwondo mean? = Kick-Punch-Way

Where was Taekwondo first began? =Korea

What's your Goal = Black Belt

What does the following Korean words mean?:

Chah-ree-ut = Attention

Kyung-eh = Bow

Joon bee = Ready stance

### Fundamentals:

#### Commands:

chah-ree-ut

kyung-eh

joon bee

### Stances & Techniques In Place

10 Count Blocking Drill

Kicking Techniques-In place:

Back Stance-Rear Leg Front Kick

Back Stance-Rear Leg Round Kick

Back Stance-Rear Leg Side Kick

### One-step Self-Defense (One-steps)

Numbers 1-3, Demonstrated without a partner

### Physical Requirements

Push-ups & Sit-ups- Juniors: 10 Adults: 15

## Orange/White Belt

Complete 16 Classes in 2 months(receive an Orange Stripe and a Red Stripe on your belt)

Complete 2 Monthly "Character Development Homework" assignments (given out monthly)

Complete 2 Monthly "Karate Homework" logs (given out monthly)

**Turn in, before test day, an 'Intent to Promote' letter signed by your school teacher and parent/guardian**

### Knowledge

What do you say when you want something? = Please

What do you say when you get it? = Thank You

How do you politely answer your mother, father, and all other adults? = Yes Sir, No Sir; Yes Ma'am, No Ma'am  
What does the Bow Represent?= Respect  
What's your Goal = Black Belt

### **Fundamentals:**

#### **Stances & Techniques**

10 Count Blocking Drill:

Kicking Techniques-moving & alternating legs:

Back Stance-Rear Leg Front Kick

Back Stance-Rear Leg Round Kick

Back Stance-Rear Leg Side Kick

Back Stance-Rear Leg Ax Kick

Back Stance-Rear Leg Crescent Kick

#### **10 Count Kicking Drill**

### **Pattern:**

Ki-Cho. Meaning: Basic Form. Number of Movements: 20

### **One-step Self-Defense (One-steps)**

Numbers 1-3, Demonstrated without a partner

### **Physical Requirements**

Push-ups & Sit-ups- Juniors: 10 Adults: 15

## **Orange Belt**

Complete 16 Classes in 2 months(receive an Yellow Stripe and a Red Stripe on your belt)

Complete 2 Monthly "Character Development Homework" assignments (given out monthly)

Complete 2 Monthly "Karate Homework" logs (given out monthly)

**Turn in, before test day, an 'Intent to Promote' letter signed by your school teacher and parent/guardian**

### **Knowledge**

What are the Tenets of Taekwondo? = Courtesy, Integrity, Perseverance, self-control, and indomitable Spirit

What does Courtesy mean?= Be Kind

What does Integrity mean?= Be honest, don't tell lies

What does Perseverance mean?= Don't give up

What does Self-Control mean?= Control your Temper and behavior.

What does Indomitable Spirit mean?= Believe in yourself, have confidence

What's your Goal = Black Belt

### **Fundamentals:**

Riding Stance-Middle Punch

Front Stance \* Low Block -moving

Back Stance \* Middle Block-moving

Front Stance \* High Block -moving

Back Stance \* Knife Hand Strike-moving

Back Stance \* Knife Hand Block-moving

Rear Front Kick-moving

Rear Round Kick-moving

Rear Side Kick-moving

### **Patterns:**

Ki-Cho. *Meaning:* Basic Form. Number of Movements: 20

Dan Goon. *Meaning:* Dan Goon was the legendary founder of Korea in the year 2333 B.C. Number of Movements: 21

### **One-step Self-Defense (One-steps)**

Numbers 1-4, Demonstrated with partner

### **Physical Requirements**

Push-ups & Sit-ups- Juniors: 15 Adults: 20

## **Yellow Belt**

**Complete 24 Classes in 3 months(receive 2 Green Stripes and a Red Stripe on your belt)**

**Complete 3 Monthly “Character Development Homework” assignments (given out monthly)**

**Complete 3 Monthly “Karate Homework” logs (given out monthly)**

**Turn in, *before test day*, an ‘Intent to Promote’ letter signed by your school teacher and parent/guardian**

**Purchase Sparring Gear**

### **Knowledge**

What is your uniform called? = Doe-Bok

What is the training hall called? = Doe-Jang

What is a full instructor (4<sup>th</sup> Degree Black Belt or higher) called? Saab Oh Nym

What is the Chief Master of a school called? Kwon Jah Nym

### **Fundamentals**

Low Block \* Reverse Punch

High Block \* Palm Heel Strike

Side Block \* Reverse Punch

Knife hand Strike \* Reverse Punch

Front Kick \* Reverse Punch

Round Kick \* Knife Hand Strike...

Round Kick \* Skip Side Kick

### **Patterns:**

Dan Goon. *Meaning:* Dan Goon was the legendary founder of Korea in the year 2333 B.C. Number of Movements: 21

Do San. *Meaning:* Do San is the nickname for the patriot Ahn Ch’ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement. *Number Of Movements:* 24

### **One-step Self-Defense (One-steps)**

Numbers 1-6

Demonstrated with partner

### **Physical Requirements**

Push-ups & Sit-ups- Juniors: 15 Adults: 20

### **Light-Contact, Controlled Free Sparring Class**

## **Green Belt**

**Complete 24 Classes in 3 months(receive 2 Blue Stripes and a Red Stripe on your belt)**

**Complete 3 Monthly “Character Development Homework” assignments (given out monthly)**

**Complete 3 Monthly “Karate Homework” logs (given out monthly)**

**Turn in, before test day, an ‘Intent to Promote’ letter signed by your school teacher and parent/guardian**

### **Knowledge**

What is the true purpose of Taekwondo? = To perfect one’s character through martial arts training

Demonstrate a proper handshake

### **Fundamentals**

Low Block \* Reverse Punch

High Block \* Palm Heel Strike

Knife hand Block \* Knife Hand Strike

Knife hand Strike \* Reverse Punch

Front Kick \* Reverse Punch

Round Kick \* Knife Hand Strike

Round Kick \* Skip Side Kick

Round Kick \* Spin Side Kick

### **Patterns:**

Do San. *Meaning:* Do San is the nickname for the patriot Ahn Ch’ang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement. *Number Of Movements:* 24

Won Hyo. *Meaning:* Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D. *Number of Movements:* 28

### **One-step Self-Defense (One-steps)**

Numbers 1-6, Demonstrated with partner

### **Physical Requirements**

Push-ups & Sit-ups- Juniors: 20 Adults: 25

### **Light-Contact, Controlled Free Sparring Class**

**Board Breaking- Demonstrate a Palm Heel Break or Elbow Break at your test for Blue Belt**

## **Blue Belt**

**Complete 24 Classes in 3 months(receive 2 Purple Stripes and a Red Stripe on your belt)**

**Complete 3 Monthly “Character Development Homework” assignments (given out monthly)**

**Complete 3 Monthly “Karate Homework” logs (given out monthly)**

**Turn in, before test day, an ‘Intent to Promote’ letter signed by your school teacher and parent/guardian**

### **Knowledge**

**Be able to Recite the Taekwondo Oath**

### **Fundamentals**

Double Kicking:

Double Round Kick

Round Kick \* Side Kick

**Hook Kick \* Round Kick**

### **Patterns:**

Won Hyo. *Meaning:* Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.  
*Number of Movements:* 28

Yul Guk. *Meaning:* Yul Guk is the nickname for a great scholar and philosopher named Yi I (1536-1584 A.D.) known as the “Confucius of Korea”. The 38 movements of this form refer to his birthplace on the 38<sup>o</sup> latitude and the diagram represents “Scholar”. *Number Of Movements:* 38

**One-step Self-Defense (One-steps)** Numbers 1-10

**Physical Requirements** Push-ups & Sit-ups- Juniors: 20 Adults: 25

**Light-Contact, Controlled Free Sparring Class**

**Board Breaking-** Demonstrate a Front Kick or Side Kick at your test for Blue/Purple Belt

## **Blue/Purple Belt**

**Complete 24 Classes in 3 months(receive 2 Purple Stripes and a Red Stripe on your belt)**

**Complete 3 Monthly “Character Development Homework” assignments (given out monthly)**

**Complete 3 Monthly “Karate Homework” logs (given out monthly)**

**Turn in, before test day, an ‘Intent to Promote’ letter signed by your school teacher and parent/guardian**

### **Knowledge**

What Style of Taekwondo do we Practice? = “Chung Do Kwan” meaning “School of the Blue Wave”. (Blue symbolizing a pure and deep body of water (body of knowledge) while the Wave connoted the kind of relentless energy the founder wanted for his teaching.)

### **Fundamentals**

#### **Double Kicking:**

Double Round Kick

Hook Kick \* Round Kick

Moon Kick \* Side Kick

Round Kick \* Side Kick

Round Kick \* Hook Kick

### **Patterns:**

Yul Guk. *Meaning:* Yul Guk is the nickname for a great scholar and philosopher named Yi I (1536-1584 A.D.) known as the “Confucius of Korea”. The 38 movements of this form refer to his birthplace on the 38<sup>o</sup> latitude and the diagram represents “Scholar”. *Number Of Moves:* 38

Chun Goon. *Meaning:* Is the name of the patriot An Chun Goon who assassinated Hiro-Bumi Ito, the 1<sup>st</sup> Japanese Governor-General of Korea, known as the man who played a leading part in the Korea-Japan merger. There are 32 movements in this form to represent Mr. An’s age when he was executed at Lui-Shung prison (1910). *Number of Movements:* 32

**One-step Self-Defense (One-steps)** Numbers 1-10

**Physical Requirements** -Push-ups & Sit-ups- Juniors: 25 Adults: 25

**Light-Contact, Controlled Free Sparring Class:**

**Board Breaking-** Demonstrate a Knife Hand Strike and Side Kick or Ax Kick at your test for Purple Belt

## **Purple Belt**

**Complete 32 Classes in 4 months(receive 3 Brown Stripes and a Red Stripe on your belt)**

**Complete 4 Monthly “Character Development Homework” assignments (given out monthly)**

**Complete 4 Monthly “Karate Homework” logs (given out monthly)**

**Turn in, before test day, an ‘Intent to Promote’ letter signed by your school teacher and parent/guardian**

### **Knowledge**

Who was the founder of the Chung Do Kwon School of Taekwondo? = Grandmaster Won Kuk Lee (1907-2003). He is considered the Father of Tae Kwon Do because his school was the first to openly teach martial art toward the end of World War II and the Japanese occupation. His school, the Chung Do Kwan, was also the learning ground for many who would later form their own Kwans (schools)

### **Fundamentals**

Double Kicking:                  Jump Front Kick                  Jump Round Kick                  Jump Side Kick

### **Patterns:**

Chun Goon. *Meaning:* Is the name of the patriot An Chun Goon who assassinated Hiro-Bumi Ito, the 1<sup>st</sup> Japanese Governor-General of Korea, known as the man who played a leading part in the Korea-Japan merger. There are 32 movements in this form to represent Mr. An’s age when he was executed at Lui-Shung prison (1910). *Number of Movements:* 32

Tei Gei. *Meaning:* Tei Gei is the penname of the noted scholar Yi Hwang (16<sup>th</sup> Century A.D.) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37<sup>o</sup> latitude. The diagram represents “scholar”. *Number Of Movements:* 37

**One-step Self-Defense (One-steps)** Numbers 1-10

**Physical Requirements** Push-ups & Sit-ups- Juniors: 25 Adults: 25

**Light-Contact, Controlled Free Sparring Class**

**Board Breaking-** Demonstrate an elbow strike and Skip Side Kick or Hook Kick at your test for Brown Belt

## **Brown Belt**

**Complete 32 Classes in 4 months(receive 3 Red Stripes and a Black Stripe on your belt)**

**Complete 4 Monthly “Character Development Homework” assignments (given out monthly)**

**Complete 4 Monthly “Karate Homework” logs (given out monthly)**

**Turn in, before test day, an ‘Intent to Promote’ letter signed by your school teacher and parent/guardian**

### **Fundamentals:**

Jump Spin Side Kick                                  Spin Heel Kick                                  Spin Crescent Kick

### **Patterns:**

Review: Kicho, Dan Goon, Doe Sahn...

Tei Gei. *Meaning:* Tei Gei is the penname of the noted scholar Yi Hwang (16<sup>th</sup> Century A.D.) an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37<sup>o</sup> latitude. The diagram represents “scholar”. *Number Of Movements:* 37

Wha Rang. *Meaning:* A youth group which originated in the Silla Dynasty about 1,400 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Taekwondo developed into maturity. *Number Of Movements:* 29

**One-step Self-Defense (One-steps)** Numbers 11-15

**Physical Requirements** Push-ups & Sit-ups- 2 sets of 25

**Light-Contact, Controlled Free Sparring Class:**

**Board Breaking-** Demonstrate Any 2 kicks; one with each leg, at your test for Red Belt

## **Red Belt**

**Complete 32 Classes in 4 months(receive 3 Black Stripes and a Red Stripe on your belt)**

**Complete 4 Monthly "Character Development Homework" assignments (given out monthly)**

**Complete 4 Monthly "Karate Homework" logs (given out monthly)**

**Turn in, before test day, an 'Intent to Promote" letter signed by your school teacher and parent/guardian**

### **Fundamentals**

Jump Spin Side Kick

Spin Crescent Kick

Flying Side Kick

Spin Heel Kick

Spin Hook Kick (set foot in front)

### **Patterns:**

Review: Won Yo, Yul Guk, Chun Gun

Wha Rang). *Meaning:* A youth group which originated in the Silla Dynasty about 1,400 years ago. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29<sup>th</sup> Infantry Division, where Taekwondo developed into maturity. *Number Of Movements:* 29

Choong Moo. *Meaning:* Choong Moo was the given name to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship which was the precursor of the present day submarine in 1592 A.D. The reason for this pattern ending in a left hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the King, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potentiality. *Number Of Movements:* 30

### **One-step Self-Defense (One-steps)**

Numbers 16-20

### **Physical Requirements**

Push-ups & Sit-ups- 3 sets of 25

**Light-Contact, Controlled Free Sparring Class:**

**Board Breaking-** Demonstrate a Ridge Hand or Rear Elbow Strike and any 2 kicks; one with each leg. One must be a spinning kick.

## **Red/ Black Belt**

Complete 10- 12 Classes a month until Black Belt Exam

**Pass a Pre-qualifier Exam to enter the 16-week Black Belt Cycle** Requirements: All curriculum from white belt to red/black belt satisfactorily demonstrated

Once accepted into the Black Belt Cycle, come to class 3 days a week

Attend, once a month, a Mandatory Black Belt Cycle Class on Saturday

**Pass a Pre-test halfway through the Black Belt Cycle:** Requirements: All curriculums from white belt to red/black belt demonstrated at a higher level than at the Pre-Qualifier.

**Be able to satisfactorily demonstrate all techniques learned from White Belt to Red Belt**

### **Patterns:**

Demonstrate all 9 patterns

### **Demonstrate all One-step Self-Defense (One-steps)**

### **Physical Requirements**

Push-ups & Sit-ups- 4 sets of 25

### **Demonstrate 3 to 5 rounds of Higher-level Free Sparring:**

**Board Breaking-** Demonstrate at your Black Belt Test one of the Following Strikes: Ridge Hand, Forearm Elbow Strike, Rear Elbow Strike, Knife Hand Strike, Fore Fist Punch, Back Fist , & Inverted Knife Hand Strike. Any 2 kicks; one with each leg. One must be a spinning kick

## **1<sup>st</sup> Degree Black Belt- no maintenance stripe**

Complete a minimum of 48 Classes in 6 months

**Weapons Pattern:** 1 weapon

### **Fundamentals:**

Tornado Moon Kick

**Advanced One-step-** 21-25

**Pattern:** Gae Beck

**Creative Onesteps -** 5

**Self Defense Grab Releases-** 1-5

## **1<sup>st</sup> Degree Black Belt- 1 maintenance stripe**

Complete a minimum of 48 Classes in 6 months

**Pattern:** Gae Beck, Po Uhn

### **Fundamentals:**

Tornado Moon Kick

Tornado Round Kick

**Weapons Pattern:** 1 weapon

**Creative Onesteps -** 10

**Advanced One-step-** 21-30

**Self Defense Grab Releases-** 1-10

## **1<sup>st</sup> Degree Black Belt- 2 maintenance stripes**

Complete a minimum of 48 Classes in 6 months

Pattern: Gae Beck, Po Uhn, Ko Dang

Fundamentals:

Tornado Moon Kick

Tornado Round Kick

Tornado Spin Side Kick

Weapons Pattern: 1 weapon

Advanced One-step- 21-30

Self Defense Grab Releases- 1-15

## **1<sup>st</sup> Degree Black Belt- 3 maintenance stripes**

Complete 10- 12 Classes a month until Black Belt Exam

Fundamentals: Any Requested

Pass a Pre-qualifier Exam to enter the 16-week Black Belt Cycle Requirements: All curriculum from white belt to red/black belt satisfactorily demonstrated

Pattern: Top 9 Patterns

Weapons Pattern: 1 weapon

Advanced One-steps 1-30

Once accepted into the Black Belt Cycle, come to class 3 days a week

Creative Onesteps-10

Attend, once a month, a Mandatory Black Belt Cycle Class on Saturday

Self Defense Grab Releases- 1-15

Pass a Pre-test halfway through the Black Belt Cycle: Requirements: All curriculums from white belt to red/black belt demonstrated at a higher level than at the Pre-Qualifier.

Physical Requirements

Push-ups & Sit-ups- 4 sets of 25

Light-Contact, Controlled Free Sparring Class:

Be able to satisfactorily demonstrate all techniques

Board Breaking-

## APPENDIX

### Five Tenets of Taekwondo

Courtesy, Integrity, Perseverance, self-control, Indomitable Spirit

### The Taekwondo Oath

As a dedicated student of the martial arts:

I will live by the tenets of Taekwondo: Courtesy, Integrity, Perseverance,  
self-control, and Indomitable Spirit

I will respect my seniors, instructors;  
my parents and my fellow students.

I will never misuse Taekwondo.

I will be a champion of freedom and justice.

I will build a more peaceful world.

### The Student Pledge

As a Student of Taekwondo and an ambassador of Waldorf Martial Arts, I pledge:

1. To become the best I can be through cultivating knowledge in the mind, honesty in the heart and strength in the body.
2. To be respectful, trustworthy, and self-disciplined in order to bring out the best in myself and others.
3. To practice leadership by acting responsibly with compassion, confidence, and courage.
4. To use what I learn in class constructively and defensively, and never to do anything that might hurt myself or others.

### Korean terminology

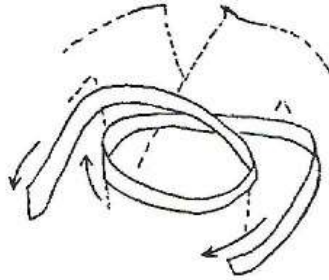
Uniform: \_\_\_\_\_ do boke  
Taekwondo school: \_\_\_\_\_ do jang  
Attention: \_\_\_\_\_ chah-ree-ut  
Bow: \_\_\_\_\_ kyung-eh  
Ready stance: \_\_\_\_\_ joon bee  
Begin: \_\_\_\_\_ shee-jak  
Stop: \_\_\_\_\_ go mahn  
Return to ready: \_\_\_\_\_ bah-roh  
At ease: \_\_\_\_\_ sheut  
Forms: \_\_\_\_\_ hyungs  
One: \_\_\_\_\_ hanah  
Two: \_\_\_\_\_ duhl  
Three: \_\_\_\_\_ set  
Four: \_\_\_\_\_ net  
Five: \_\_\_\_\_ dah-sut  
Six: \_\_\_\_\_ yuh-sut  
Seven: \_\_\_\_\_ ill-gop

Eight: \_\_\_\_\_ yo-dul  
Nine: \_\_\_\_\_ ah-hope  
Ten: \_\_\_\_\_ yul  
Front stretch kick: \_\_\_\_\_ ap cha leg gi  
Front snap kick: \_\_\_\_\_ ap cha gi  
Round kick: \_\_\_\_\_ dollyo cha gi  
Side kick: \_\_\_\_\_ yup cha gi  
Spin side kick: \_\_\_\_\_ dwi dora yup cha gi  
Spin heel kick: \_\_\_\_\_ dwi whorigi  
Knife hand: \_\_\_\_\_ soo do to leggi  
Inverted knife hand: \_\_\_\_\_ ahn soo do  
Side block: \_\_\_\_\_ yup mahki  
High block: \_\_\_\_\_ han dan mahki  
Low block: \_\_\_\_\_ san dan mahki  
Elbow smash: \_\_\_\_\_ palkup  
Ridge hand: \_\_\_\_\_ yuk soo do  
Master instructor: \_\_\_\_\_ sabumnim

# HOW TO TIE THE BELT



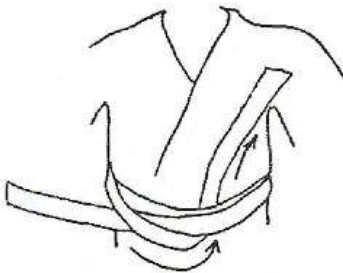
Step 1. Fold belt so its ends are even. This will allow you to locate the center of the belt.



Step 2. Place the center of the belt one inch below the navel. If you have stripes they should start on your left side. Wrap the belt around your body, crossing the right side over the left on your back. Your stripes should now be on your right side. Now, check to make sure the belt ends are even.



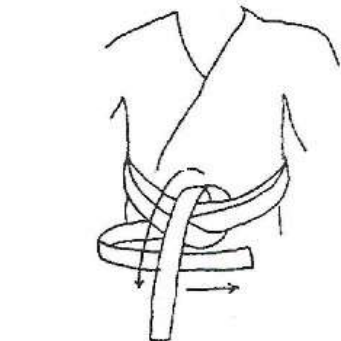
Step 3. Take the belt end on your left side and align it with the belt below your navel. Take the right belt end and cross it over the other belt section. Your stripes will now be on your left side.



Step 4. Slide the left end (striped) of the belt under and behind all of the belt loops. The striped end will now be in front of your patch.



Step 5. Bring the right end of the belt around toward the left side to form a U.



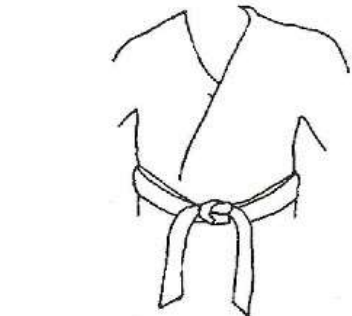
Step 6. Bring the end of the belt that is by your patch (striped end), down and over the front of the U formed in step 5.



Step 7. Loop the striped end under and through the U to form the knot.



Step 8. Pull the two ends out in opposite directions to tighten the knot. The stripes should be on your right side.



Step 9. Check to see that the Belt ends are even and hang neatly.