

DOBOK

(Taekwondo Uniform)



BELT STRIPES

On Student's Right Side

On Student's Left Side

White – Purple Belts demonstrate their one-step drill with confidence & power

Blue – Red Belts successfully break their boards within 3 tries

ONE-STEP/
BOARD
BREAKS

TOP

CONSISTENCY

Can confidently demonstrate all of their required material on a regular basis in class. Must also show understanding of the Life Skill and demonstrate it through their actions both in and out of class

White – Yellow Belts demonstrate their required non-contact sparring skills

Camo – Red Belts demonstrate their required traditional sparring skills

SPARRING

MIDDLE

FORM

ATA Tigers – perform their required rank form with a leader

Kids, Teens & Adults – perform their required rank form independently

Conflict Resolution for verbal or non-life-threatening situations

Physical Self Defense for dangerous or life-threatening situations

SELF-DEFENSE

BOTTOM

WEAPON

Confidently presents the required weapon curriculum for the Testing Cycle