

DOBOK

(Taekwondo Uniform)



BELT STRIPES

On Student's Right Side

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

Blue – Red Belts successfully break their boards within 3 tries

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

Camo – Red Belts demonstrate their required traditional sparring skills

Conflict Resolution for verbal or non-life-threatening situations

Physical Self Defense for dangerous or life-threatening situations

**ONE-STEP/
BOARD BREAKS**

TOP

SPARRING

MIDDLE

SELF-DEFENSE

BOTTOM

On Student's Left Side

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

ATA Tigers – perform their required rank form with a leader

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

Confidently presents the required weapon curriculum for the Testing Cycle

CONSISTENCY

FORM

WEAPON