

Requirements for Taekwondo Belt Training

Most students who enroll with us here at Kreger Taekwondo want to know how quickly they can progress through the Taekwondo belt system. Essentially....how quickly can they achieve their ultimate goal to be a coveted black belt?

It goes without saying that to pass the black belt test requires considerable dedication, hard work, and mental preparation, but at Kreger Taekwondo, we're dedicated to helping you be the best you can. For instance, testing is only done after you've worked through the minimum number of classes and demonstrated required proficiency for that belt level. We want to set you up for success.

Here are a few other things to consider as you or your child begins Taekwondo training:

- There is a cost for each round of testing. However, if you do not pass the test on the first try, you can try again the following week at no additional charge.
- Tuition must be current in order to test. All fees must be up to date. Test fees are due at the time of testing.
- Each student moves through the ranks at their own pace. The guidelines in place are to help you keep track of what is required of you. However each student looks, moves, learns and progresses differently. Don't compare your journey to another students.
- All rights to testing are completely up to Master Kreger. Holding a student back is never done as a "punishment". The withholding of a belt test....even if it's for inappropriate behavior... is used as a learning/teaching moment in life balance and life lessons.

There are minimum requirements in place to work through the Taekwondo belt system. Commitment and practice are an important part of Taekwondo training, so there's a minimum number of classes and a set time period before you'll be allowed to test. This is based on experience and knowledge of how quickly our students can master the skills and techniques needed to pass each test.

Minimum attendance and time requirements:

You'll start with a White belt and must complete a minimum of 12 classes over 12 weeks (4 classes a month over 3 months) before you'll be allowed to test for Yellow belt. This requirement is the same for Yellow belts. The subsequent requirements for Taekwondo belt testing are as follows:

For Hi Yellow through Hi Green belts - a minimum of 18 classes for each, over at least 12 weeks (6 classes a month over 3 months).

For Blue belts - a minimum of 24 classes over at least 12 weeks (8 classes a month over 3 months).

For Hi Blue through Red belts - 48 classes over 24 weeks, skipping one belt testing (8 classes a month over 6 months).

For Hi Red belts - 96 classes over 36 weeks (about 10 classes a month over 9 months)

The following belt levels often require considerably more than the minimum number of classes and/or time before you will be ready for the testing cycle: **Blue through Hi Red**. Students who take an entire month off of training forfeit eligibility for the most current upcoming belt testing. Consistency is important to training.

It takes a lot of dedication, time and commitment to fulfill the requirements for Black belt testing. That is what every color belt test is ...a step towards obtaining your Black Belt. Ultimately, we won't let you try for a new belt until we know you're ready. That means we're continually assessing your **technique, focus, memory** and **taekwondo etiquette** at **every class**.

Curriculum Requirements:

In addition to time, attendance, technique, focus, memory and etiquette...your knowledge of the required curriculum is also part of testing privilege. All required information for each rank can be found on the website under the "Current Student" tab.

Our best advice is to stay calm, focused and trust in your instructor to get you physically and mentally equipped for every cycle of Taekwondo belt testing. We'll let you know when you're ready to tackle each test