



# *American Black Belt Academy*



208 State Street, Oshkosh, Wi. 54901

Phone: 920-232-9700

## Terminology

**White Belt** signifies the innocence of the new student who has no experience in Tae Kwon Do

**Yellow Belt** signifies earth, from which a seed takes root, as the foundation for Tae Kwon Do is being formed

**Green Belt** signifies a plant's growth as the students' skills and knowledge of Tae Kwon Do increase

**Blue Belt** Signifies the sky, towards which the plant matures as the student's Tae Kwon Do training progresses

**Red Belt** Signifies danger, warning the student to exercise control and adhere to the philosophy of Tae Kwon Do

**Black Belt** signifies the student's high level of proficiency in Tae Kwon Do while representing a new beginning in Tae Kwon Do training

### Do-Jang Regulations:

1. Smoking is prohibited
2. Refrain from idle chatter
3. Alcoholic beverages, soft drinks or food are not allowed in the do-jang
4. Wearing shoes is prohibited
5. No one is allowed to teach without the instructor's permission

### Conduct in the Do-Jang

Upon entering the Do-Jang

1. Bow (salute) the national flag
2. Bow to the instructor (or senior ranking student if the instructor is not present) at a proper distance. (This bow should not be taken lightly, just as respect should never be)
3. Exchange greetings with other students
4. Bow to the instructor upon forming lines before training
5. Meditate for one minutes sitting cross-legged

Upon leaving the Do-Jang

1. Recite the oath and tenets
2. Bow to the instructor
3. Bow (salute) to the national flag

---

Training Tomorrow's Leaders..... Today

[www.abbakick.com](http://www.abbakick.com)