

Stripes Information Sheet

**General Information**

The instructors use stripes on the end of each students belt to keep track of their progress.



Stripes are awarded by the instructor when the instructor feels the student has earned the stripe by demonstrating the required knowledge.



The student is responsible for maintaining the ability and knowledge associated with the stripes they have earned. While practice outside of class isn’t required, it is recommended.



Not all students may get stripes on the same day even if the student has the required knowledge or skill.



It is permissible to remind an instructor at the end of class before bowing out that the student has earned a stripe. Instructors can be forgetful.



Stripes may be taken away by any black belt instructor if a student is disrespectful or forgets the skill.



Black belts and bodans will not receive stripes. The bars on a black belt represent rank.



Please do not play with or remove stripes. The student may have to retest for a lost stripe.



Often instructors will look for improvement from the last belt before awarding a stripe. The more advanced the belt, the harder it is to get a stripe.

## **Black Stripe**

Forms/Poomsae

The student must demonstrate the required poomsae for their belt level. All movements including stances, strikes, and blocks should be accurate.

Super-white belts only have to test for a black stripe before their next testing.

## **Red Stripe**

Sparring/Kyorugi

The student must be proficient in sparring for their rank. Instructors will often look for specific belt-level kicks and general improvement in strategy, speed, and footwork.

## **Blue Stripe**

Breaking/Gyeokpa

The student must be able to break a practice board with the required techniques for their specific belt level. This means being able to execute the proper technique with enough power to break a board.

### **Green Stripe**

Kicking Combinations

The student must correctly demonstrate the appropriate kicking combination for their belt level. That includes the proper technique for each of the kicks. Kicks should be higher than the students belt.

**Yellow Stripe**

Testing Stripe

(Not a Skill Stripe)

The yellow stripe tells the instructors that the student is ready to test, they must demonstrate the knowledge required for for the previous four stripes and their previous poomsae. Even with the yellow stripes students should continue to practice all techniques.