

Color of Belts, Respect and Rank

White Belt:	Purity and innocence - Beginning stage.
Yellow Belt:	Earth and foundation - brightness.
Green Belt:	Growth.
Purple Belt:	Ambition and rapid growth
Brown Belt:	Power, stability, agility, strength and wisdom - maturity.
Red Belt:	Blood, life, energy, attention and control - maturity.
Black Belt:	The combination of all colors, mastery, calmness, dignity, and sincerity.

In Taekwondo all students begin their training as a white belt, training and progressing at their own rate. The practice of Taekwondo requires patience in oneself, attention to detail, order, and discipline. The different belt colors signify the rank or level of Taekwondo skills and knowledge. Each belt is attained by testing and demonstrating proper technique, skill and knowledge. The belt is also an outward expression of a persons inner confidence, training and learning. Simply put, the higher the belt or rank, the more respect is deserved.

Much like the flag, your belt should not touch the floor and should be treated with respect as it is a symbol of your achievements and of how you view your teacher and training. You should learn to tie your belt properly.

To tie your belt:

1. Loop the belt around the body twice.
2. Take the end from the outside loop and tuck it up under both loops.
3. Take the end from the inside loop and fold it over across the other end.
4. Take the end hanging down and form knot.
5. Pull both ends tight - the ends should be the same length.

