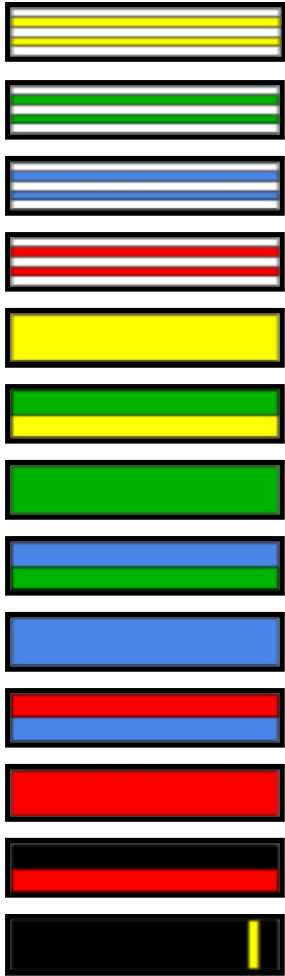




## All Rise Martial Arts Taekwondo Belt Progression

Children 4 - 6 start in the Tiger Class. After Red Tiger Belt, they advance to Yellow Belt.

Children 7+ and all Teens/Adults start at White Belt and progress through the Color Belt ranks.



### White and Black Curriculum Stripes



Each Color Belt rank has a unique curriculum that is divided into four White Stripes and four Black Stripes. These curriculum stripes represent the following areas of focus:

- Philosophy & Leadership
- Fitness
- Striking Techniques
- Blocks and Stances
- Forms/Poomsae
- Board Breaking
- Anti-Bullying/Self-Defense
- Home/School Behavior