

## **ADVANCING IN YOUR PRACTICE**

For many people the study of the Martial Arts is a lifetime commitment, whether that study starts as a child or later in life. Throughout our lives as martial artists we set goals that we use to measure our advancement in ability and understanding of the techniques and tenants of Taekwondo. In order to signify to ourselves, our classmates and the world, the level of that advancement, belts are worn as part of our uniform. The colour of the belt signifies the degree to which our practice has advanced and in turn sets the goals for our further advancement.

Everyone beginning their study of the Martial Arts begins as a White Belt and moves through ten colour levels, followed by as many as ten Black Belt levels or “Dan”. Each colour has a particular meaning in Taekwondo.

<b>Colour</b>	<b>Meaning</b>
White	Signifies innocence and purity. The novice is eager to take in knowledge while viewing Taekwondo and its virtues through the eyes of the newcomer.
Yellow Stripe / Yellow	Denotes the sunrise and the dawning of knowledge. Profound changes begin to take place in the individual both physically and spiritually. Attainment of this rank brings a true sense of accomplishment.
Orange	Signifies the day. The student is now fully awake and taking in knowledge. Basic technique is beginning to blossom and the pupil is becoming more in tune with his or her body.
Green	Symbolizes the spring, the beginnings of growth as in the growth of a young plant with leaves reaching to the sky. More advanced techniques are introduced and the student must exhibit caution.
Blue	Typifies the colour of the sky and the youthful plant reaching up to it. Demonstrates ambition and a deep desire for complexity in technique. Humility and patience must awaken in the practitioner.
Red Stripe	The darkening of the sky, heavy with continuing knowledge. Advanced self-defense and kicking techniques are introduced at this level and the student must practice perseverance.
Red	Denotes fire, the sun, and above all, danger. The student is familiar with techniques, but still lacks the necessary control to execute them sagely in practice.
Black stripe	The first appearance of black in the belt signifying a candidate for black belt. Signifies a solid foundation of study and a knowledge of prior techniques.
Black Belt – 1st Dan	The black belt signifies the concentration of knowledge and control. At this level the student’s true training begins. The black belt will eventually whiten with age showing the full cycle of training.

\*Taekwondo Ancient Wisdom for the Modern Warrior, Doug Cook, 2001 – interpreted to reflect colour progression at CTKD.