DANBO INFORMATION

BASIC REQUIREMENTS: Red belt for at least one year * Participate in at least one tournament as a color belt * Participate in demonstration(s) as a color belt

FEE: see instructor (includes new dobok; subject to change)

Additional Training Opportunities

- Family Class Saturdays 10-11 am
- Sparring Class Saturdays 11 am-12:30 pm
- Gray Belt Class Mondays 8:15-9:15 pm

Black Belt Class Wednesdays 8:00-9:00 pm for red belt - black tips

Form & Essay

TOPIC: The Essence of Taekwondo or

What Taekwondo Means to Me

LENGTH: Minimum two pages

This should be a thoughtful personal reflection written by YOU; proofread for spelling and grammar before turning it in.

FORM: Fill in all information; include test, demo, and tournament dates.

ASK: Instructor to approve everything

test dates



Timeline 2 weeks before After pre-test: At least 6 months Get instructor Danbo pre-test: ask instructor before Danbo: achieve signature and form, fee, essay for judae yellow & black tips approval Black Belt due feedback One year before Ceremony: wear Danbo: achieve black-trimmed red belt cross-tie dobok with red belt Danbo test Check your 2 months before Begin attending Collect signatures (April or availability for Danbo (Feb or Black Belt Class from masters October) BOTH pre-test and Aug): pre-test