

# LEGACY MARTIAL ARTS



## EARNING YOUR WHITE BELT (EAGLES PROGRAM)

**Belts are never *given* they are always *earned*! Students' are eligible to test starting on the 3<sup>rd</sup> class.**

Please have the student **submit** this sheet to the instructor before the beginning of the class when your child is ready to test. Hand it to the instructor with BOTH hands.

### Part 1: The 9 seconds of Discipline

- 3 seconds at **Chario** (attention)      *This means:* Being Focused
- 3 seconds at **Kyung-nay** (bow)      *This means:* Showing Respect
- 3 seconds at **Chario** (attention)      *This means:* Having a Good Attitude

### Part 2: Memorizing and Reciting the Student Creed

**To Build True Confidence through**

**Strength** (*put right fist on chest*) **in My Body**

**Honesty** (*put right hand [chop] on heart*) **in My Heart**

**And Knowledge** (*put right hand [salute] by right eyebrow*) **in My Mind**

To Keep Friendship with One Another and to Build a Strong and Happy Community

Never Fight to Achieve Selfish Ends

But to Develop

**Might For Right!**

### Part 3: Memorizing and Reciting the Class Closing

<b>Instructor Says:</b>	<b>Student Says:</b>
Class Dismissed!	<b>Might For Right!</b>
Might For Right!	<b>Attitude!</b>
How Do We Lead?	<b>By Example Ma'am/Sir</b>
Thank you Class (Bow)	<b>Thank you Ma'am/Sir!</b>

### Part 4: 3 Count Front Kick (off the wall/ 1 finger)

Chario. Kyung nay. Chonbi left side (loud yell)

1. Front kick knee up/fold/chamber
2. Snap front kick (loud yell) and refold
3. Place foot down landing back in a chonbi position (turn and repeat on other side)

**Student Name:** \_\_\_\_\_ | **Date:** \_\_\_\_\_