

LD Belt system

Starter - White

Students are allowed to wear a suit & belt when they show courtesy in class

- Students get a welcome certificate.
 - Pass is as mentioned
 - Credit for knowing tenets
 - Distinction for knowing tenets and counting to ten in Korean

Level 1 - Purple

5 good push-ups are shown in class in front of instructor and peers.

- Students get a certificate.
 - Pass is as mentioned
 - Credit if they can keep their back straight
 - Distinction if they can put their chin on the floor each time

Level 2 - Orange half

Jab cross guard x10

- Students get a certificate.
 - Pass is as mentioned
 - Credit for speed
 - Distinction knee and targeting to a single point

Level 3 - Yellow Half

Walking stance single punch x4 forward and 4 backwards

- Students get a certificate.
 - Pass is as mentioned
 - Credit if good stance is shown
 - Distinction good chamber of hands is shown

Level 4 - Green Half

Front rising kick

- Students get a certificate.
 - Pass is as mentioned
 - Credit if their balance is kept throughout the exercises
 - Distinction for finishing in a good stance and have power in their blocks

Level 5 - Blue Half

Walking stance with Low outer forearm block x4 forward and 4 backwards

- Students get a certificate.
 - Pass is as mentioned
 - Credit for good hand positions
 - Distinction correct power & rotation of fists.

Level 6 - Red Half

Walking stance with middle inner forearm block x4 forward and 4 backwards

- Students get a certificate.
 - Pass is as mentioned
 - Credit for good hand positions
 - Distinction correct power & rotation of fists.

Level 7 - DRAGON MASTER BELT

All the previous items shown with no prompting and also Spin turning kick x4 forward and 4 backwards

- Students get a certificate.
 - Pass is as mentioned
 - Credit for knowing all JWB questions
 - Distinction for winning a competition during their LD training