

Belt Meanings

White Belt

A Level of purity and innocence; it is the beginning of taking on new goals and trying to reach them.

Yellow Belt

This is the beginning level of self-confidence from having achieved the first actual colored level. It is here that the student begins to understand the basic techniques learned.

Orange Belt

This level exercises both power and fluidity in all techniques.

Green Belt

It is here that the student continues to grow and develop his/her skills to reach higher levels.

Purple Belt

This level signifies self-transformation through maturing both physically and mentally. Self-discipline is highly stressed in order to develop ones abilities further.

Blue Belt

This level is where the student begins to channel his/her own thoughts, ideas, and concepts into the techniques already learned. It is here that the student expresses these thoughts through teaching methods.

Brown Belt

Here the student should center all of his/her thoughts to the previous techniques learned in order to receive a better understanding of what was taught and why.

Red Belt

This level expresses caution to the student to maintain self-control, and signifies a warning of danger to any opponent. At this stage students summon sheer will power to overcome any obstacle in order to achieve his/her goals.

Senior Red Belt

At this level the student learns to integrate the Yin energies (passiveness, humbleness, and humility) with the techniques learned through previous levels.

Temporary Black Belt

At this level the student learns to integrate the Yang energies (assertiveness, aggressiveness, and courage) with the techniques learned through previous levels.

Black Belt

This shows the opposition of the color white. It signifies the students maturity and proficiency in the art of Tong Il Lo. Wearing this color shows the student's mind and body discipline through a balancing of the Yin and Yang energies. It is at this level that the practitioner truly begins to become a student of the martial arts.