



OTMA Knowledge Overview

QUICK REFERENCE

White Belt

Key Scripture Verse:

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. — Joshua 1:8

Philosophy:

White represents a seed beneath the winter's snow—a beginning.

White Belt Objective:

Obedience

Tenets of the Martial Arts:

Courtesy, Integrity, Perseverance, Self Control, Indomitable Spirit

The Meaning of Taekwondo:

Foot Hand Art

Senior White Belt

Taeguk II Jang Philosophy:

Heaven and Light: The heavens give us rain and the sun gives us light which makes things grow. The balance between these two gifts sustains all of God's creation.

The Meaning of Hapkido:

Coordinated Power Art

Student Oath:

I will observe the tenets of martial arts. I will obey instructors and seniors. I will never misuse martial arts. I will be a champion of freedom and justice. I will help build a more peaceful world.

Yellow Belt

Key Scripture Verse:

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it a slave so that after I have preached to others, I myself will not be disqualified for the prize. — I Corinthians 9:25-27

Philosophy:

Yellow represents the warmth of the spring's sun that melts the winter's snow and allows the seed to germinate.

Yellow Belt Objective:

Self Control

Taeguk Yie Jang Philosophy:

Joyfulness: This is the state in which one's mind is kept firm and ostensibly appears gentle so that smile and virtue will prevail.

Essay Subject:

"The Christian Martial Artist's Obligation to Protect the Weak"

Senior Yellow Belt

Taeguk Sam Jang Philosophy:

Fire and Sun: Fire and sun are forces which must be kept in balance. The sun is in perfect balance with the earth. Although fire can cause great injury and destruction, when kept under control, fire brings man light, warmth, enthusiasm and hope.

Essay Subject:

"Turning the Other Cheek"

Green Belt

Key Verse:

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. — Hebrews 12:1-2

Philosophy:

Green is the color of the sprout and represents the spring when growth and activity abound.

Green Belt Objective:

Patience

Taeguk Sah Jang Philosophy:

Thunder and Lightning: Thunder and lightning are objects of fear and trembling. This principle suggests to us that we should remain calm and brave, even in the face of danger and fear. Then the blue sky and bright sunlight will appear again.

Essay Subject:

"How I Am Growing Since Beginning My Martial Training"

Senior Green Belt

Taeguk Oh Jang Philosophy:

Wind: There are such horrible winds as storms, typhoons and tornados, but the nature of wind is gentle. Spring breezes caress a weeping willow symbolizing a humble state of mind. Wind expresses repetitive good natured actions. Actions proceed sometimes as gently as a breeze, but sometimes as forceful as a storm.

Essay Subject:

"The Green Belt Key Verse"



OTMA Knowledge Overview

QUICK REFERENCE

Blue Belt

Key Verse:

Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness. — Romans 6:12-13

Philosophy:

Blue is the color of the sky, which the plant grows towards, receiving strength and nourishment.

Blue Belt Objective:

Responsibility

Taeguk Ryuk Jang Philosophy:

Water: Water is liquid and formless. Water never loses its nature. It always flows downward. This principle teaches us that we can overcome difficulties and hardships if we go forward with confidence in God.

Essay Subject:

“Basics in the Martial Arts and Basics in the Christian Life”

Senior Blue Belt

Taeguk Chil Jang Philosophy:

Mountain: A mountain, or “gan”, symbolizes stability. A mountain never moves and we must learn the stability of mountains. In order to achieve things we should not act in a hasty manner. Though fast actions may seem fine, we should know when and where to stop and be stable like the mountain.

Essay Subject:

“A Scriptural Defense of Self Defense”

Red Belt

Key Verse:

Endure hardship with us like a good soldier of Christ Jesus. No one serving as a soldier gets involved with civilian affairs—he wants to please his commanding officer. Similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules. — II Timothy 2:3-4 NIV

Philosophy:

Red represents the summer’s sun that swelters with the intensity of the flowering arts.

Red Belt Objective:

Persistence

Taeguk Pal Jang Philosophy:

Earth: The earth is the home to life. Humans, animals and plants all take nutrients from it, grow on it and continuously draw energy from it. The earth is where the creative power of God is displayed. The 8th Jang is the grader’s last round of training and a stepping stone to the way of a Dan holder. Here we brush up fundamental skills and review them.

Essay Subject:

“How I can serve others as a result of my martial training”

Senior Red Belt

Key Verse:

Who is wise and understanding among you? Let him show by his good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such “wisdom” does not come down from heaven but is earthly, unspiritual, of the devil. For where you have envy and selfish ambition, there you find disorder and every evil practice. But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace raise a harvest of righteousness. — James 3:13-18 NIV

Philosophy:

Black is the color of mastery. No color added to this color can change or improve it. This completes a cycle that is now begun again.

Objective:

Wisdom

Essay Subject:

“What I Have Learned on My Journey to Black Belt”