




Requirements to Earn Merit Badges

Rules:




1. Merit badges can only be earned during specific rotations. If you miss a merit badge during a rotation you will have to wait until the rotation comes around again to earn the badge.
2. You may not earn badges above your rank. For instance an intermediate student cannot earn an advanced merit badge.
3. You may earn merit badges below your rank. For instance an intermediate student may earn beginners badges.
4. Badges are to be displayed on the right sleeve of the uniform. Start the badges at the bottom of the sleeve (closest to the hand). There is no particular order for the badges on the sleeve. The exceptions are the tenet badges which are worn on the left sleeve of the uniform starting at the shoulder. The tenet badges should be in order (Courtesy on top, Integrity underneath Courtesy, etc).
5. Any stars earned should be displayed on the collar of the uniform. There is no particular order of the stars.

Rotation 1 – Beginner (White, Orange and Yellow Belts)

<p>Beginner</p>  <p>Reverse Punch</p>	<p>The student must perform the following to earn the Reverse Punch merit badge:</p> <ul style="list-style-type: none">- Demonstrate proper fighting stance with hands in the proper position- Demonstrate a proper fist- Explain which knuckles are to make contact with target- Explain the reason for the pivot of the back foot during punch- Demonstrate 10 reverse punches with each hand
<p>Beginner</p>  <p>Tenets</p>	<p>The student must perform the following to earn the Student Creed merit badge:</p> <ul style="list-style-type: none">- Recite the Tenets of Taekwondo- Write a paper with the tenets, the tenets definitions and explain the meaning in your own words
<p>Beginner</p>  <p>Mount</p>	<p>The student must perform the following to earn the Mount merit badge:</p> <ul style="list-style-type: none">- Demonstrate a proper mount position.- Demonstrate how to maintain the mount position as your opponent attempts to escape- Explain why relaxing in dominant positions is critical




Notes:

Rotation 2 – Beginner (White, Orange and Yellow Belts)

<p>Beginner</p>  <p>Front Punch</p>	<p>The student must perform the following to earn the Front Punch merit badge:</p> <ul style="list-style-type: none">- Demonstrate proper fighting stance with hands in the proper position- Demonstrate a proper fist- Explain which knuckles are to make contact with target- Demonstrate 10 front punches with each hand
<p>Beginner</p>  <p>Forward Roll</p>	<p>The student must perform the following to earn the Forward Roll merit badge:</p> <ul style="list-style-type: none">- Demonstrate 10 forward rolls over each shoulder
<p>Beginner</p>  <p>Guard</p>	<p>The student must perform the following to earn the Guard merit badge:</p> <ul style="list-style-type: none">- Demonstrate a proper guard position.- Demonstrate how to maintain the guard position as your opponent attempts to escape- Explain why relaxing in dominant positions is critical




Notes:

Rotation 3 – Beginner (White, Orange and Yellow Belts)

<p>Beginner</p>  <p>Backfist</p>	<p>The student must perform the following to earn the Backfist merit badge:</p> <ul style="list-style-type: none">- Demonstrate proper fighting stance with hands in the proper position- Demonstrate a proper fist- Explain which knuckles are to make contact with target- Demonstrate 10 backfists with each hand (using proper chamber)- Demonstrate 10 spinning backfists with each hand
<p>Beginner</p>  <p>Back Roll</p>	<p>The student must perform the following to earn the Back Roll merit badge:</p> <ul style="list-style-type: none">- Demonstrate 10 back rolls over each shoulder
<p>Beginner</p>  <p>Side Mount</p>	<p>The student must perform the following to earn the Side Mount merit badge:</p> <ul style="list-style-type: none">- Demonstrate a proper side mount position- Demonstrate how to maintain the side mount position as your opponent attempts to escape- Explain why relaxing in dominant positions is critical




Notes:

Rotation 1 – Intermediate (Green, Sr. Green & Purple Belts)

<p>Intermediate</p>  <p>Front Stance</p>	<p>The student must perform the following to earn the Front Stance merit badge:</p> <ul style="list-style-type: none"> - Demonstrate proper front stance - Explain weight distribution - Explain width of legs - Demonstrate 10 proper front stances moving forward - Demonstrate 10 proper front stances moving back
<p>Intermediate</p>  <p>Front Kick</p>	<p>The student must perform the following to earn the Front Kick merit badge:</p> <ul style="list-style-type: none"> - Demonstrate proper fighting stance - Explain what part of the foot is used to execute the front kick - Demonstrate a proper chamber for the front kick - Demonstrate a proper re-chamber for the front kick - Explain the difference in our 4 different front kicks - Demonstrate 10 proper front kicks of each of our 4 different front kicks with each leg.
<p>Intermediate</p>  <p>High Block</p>	<p>The student must perform the following to earn the High Block merit badge:</p> <ul style="list-style-type: none"> - Explain the proper arm position for the high block - Demonstrate the proper chamber for the high block - Demonstrate 10 proper high blocks (in front stances) with each arm




Notes:

Rotation 2 – Intermediate (Green, Sr. Green & Purple Belts)

<p>Intermediate</p>  <p>Back Stance</p>	<p>The student must perform the following to earn the Back Stance merit badge:</p> <ul style="list-style-type: none"> - Demonstrate proper back stance - Explain weight distribution - Explain distance between feet - Demonstrate 10 proper back stances moving forward - Demonstrate 10 proper back stances moving back
<p>Intermediate</p>  <p>Round Kick</p>	<p>The student must perform the following to earn the Round Kick merit badge:</p> <ul style="list-style-type: none"> - Demonstrate proper fighting stance - Explain what part of the foot is used to execute the round kick - Demonstrate a proper chamber for the round kick - Demonstrate a proper re-chamber for the round kick - Explain the difference in our 4 different round kicks - Explain the importance of the pivot - Demonstrate 10 proper round kicks of each of our 4 different round kicks with each leg.
<p>Intermediate</p>  <p>Middle Block</p>	<p>The student must perform the following to earn the Middle Block merit badge:</p> <ul style="list-style-type: none"> - Explain the proper arm position for the middle block - Demonstrate the proper chamber for the middle block - Demonstrate 10 proper middle blocks (in back stances) with each arm




Notes:

Rotation 3 – Intermediate (Green, Sr. Green & Purple Belts)

<p>Intermediate</p>  <p>Middle Stance</p>	<p>The student must perform the following to earn the Middle Stance merit badge:</p> <ul style="list-style-type: none"> - Demonstrate proper middle stance - Explain weight distribution - Explain distance between feet - Demonstrate 10 proper middle stances moving forward - Demonstrate 10 proper middle stances moving back
<p>Intermediate</p>  <p>Side Kick</p>	<p>The student must perform the following to earn the Side Kick merit badge:</p> <ul style="list-style-type: none"> - Demonstrate proper fighting stance - Explain what part of the foot is used to execute the side kick - Demonstrate a proper chamber for the side kick - Demonstrate a proper re-chamber for the side kick - Explain the difference in our 4 different side kicks - Demonstrate 10 proper side kicks of each of our 4 different side kicks with each leg.
<p>Intermediate</p>  <p>Low Block</p>	<p>The student must perform the following to earn the Low Block merit badge:</p> <ul style="list-style-type: none"> - Explain the proper arm position for the low block - Demonstrate the proper chamber for the low block - Demonstrate 10 proper low blocks (in front stances) with each arm




Notes:

Rotation 1 – Advanced (Blue, Brown & Red Belts)

<p>Advanced</p>  <p>15 Perfect Push-ups</p>	<p>The student must perform the following to earn the Push-up merit badge:</p> <ul style="list-style-type: none">- 15 perfect push-ups
<p>Advanced</p>  <p>Break With Palm Heal</p>	<p>The student must perform the following to earn the Palm Heal Strike merit badge:</p> <ul style="list-style-type: none">- Break appropriate sized board(s) with the palm heal strike
<p>Advanced</p>  <p>Break Fall</p>	<p>The student must perform the following to earn the Break Fall merit badge:</p> <ul style="list-style-type: none">- Explain the importance of break falls- Demonstrate 5 break falls to both sides, front and back




Notes:

Rotation 2 – Advanced (Blue, Brown & Red Belts)

<p>Advanced</p>  <p>Hip Toss</p>	<p>The student must perform the following to earn the Hip Toss merit badge:</p> <ul style="list-style-type: none"> - Explain technique step by step - Perform hip toss from both sides. One side should be with an opponent larger than yourself.
<p>Advanced</p>  <p>Break With Hammerfist</p>	<p>The student must perform the following to earn the Hammerfist Strike merit badge:</p> <ul style="list-style-type: none"> - Break appropriate sized board(s) with the hammerfist strike
<p>Advanced</p>  <p>Must Be Earned First in Series</p>	<p>The student must perform the following to earn the Courtesy merit badge:</p> <ul style="list-style-type: none"> - This badge must be earned before any of the other tenet merit badges - Attend Merit Badge class on Courtesy - Write a paper giving the definition of ‘Courtesy’, and explain in own words what ‘Courtesy’ means to you - Have an adult sign and send a note explaining something you did for them showing courtesy



Notes:

Rotation 3 – Advanced (Blue, Brown & Red Belts)

<p>Advanced</p>  <p>Break With Any Kick</p>	<p>The student must perform the following to earn the Break with Kick merit badge:</p> <ul style="list-style-type: none"> - Break appropriate sized board(s) with any kick
<p>Advanced</p>  <p>25 Perfect Sit-ups</p>	<p>The student must perform the following to earn the Sit-Up merit badge:</p> <ul style="list-style-type: none"> - 30 perfect sit-ups
<p>Advanced</p>  <p>Must Be Earned Second in Series</p>	<p>The student must perform the following to earn the Integrity merit badge:</p> <ul style="list-style-type: none"> - This badge must be earned after the Courtesy merit badge, and before the Perseverance merit badge. - Attend Merit Badge class on Integrity - Write a paper giving the definition of 'Integrity', and explain in own words what 'Integrity' means to you - Have an adult sign and send a note explaining something you did for them showing integrity



Notes:

Rotation 1 – Recommended Black Belts (Sr. Red, Phase I, Phase II)

<p>Rec BB</p>  <p>High Kicks</p>	<p>The student must perform the following to earn the High Kicks merit badge:</p> <ul style="list-style-type: none"> - The following kicks must be demonstrated at top of head level. Two must be performed with non-dominant leg. <ul style="list-style-type: none"> • Round Kick • Jump Front Kick • Any Crescent Kick • Any Hook Kick
<p>Rec BB</p>  <p>Must Be Earned Third in Series</p>	<p>The student must perform the following to earn the Perseverance merit badge:</p> <ul style="list-style-type: none"> - This badge must be earned after the Integrity merit badge, and before the Self-Control merit badge. - Attend Merit Badge class on Perseverance - Write a paper giving the definition of 'Perseverance', and explain in own words what 'Perseverance' means to you - Have an adult sign and send a note explaining something you did showing perseverance



Notes:

Rotation 2 – Recommended Black Belts (Sr. Red, Phase I, Phase II)

<p>Rec BB</p>  <p>Break with Jump Side Kick</p>	<p>The student must perform the following to earn the Jump Side Kick Break merit badge:</p> <ul style="list-style-type: none">- Break appropriate sized board(s) with Jump Side Kick
<p>Rec BB</p>  <p>Must Be Earned Fourth in Series</p>	<p>The student must perform the following to earn the Self-Control merit badge:</p> <ul style="list-style-type: none">- This badge must be earned after the Perseverance merit badge, and before the Indomitable Spirit merit badge.- Attend Merit Badge class on Self-Control- Write a paper giving the definition of 'Self-Control', and explain in own words what 'Self-Control' means to you- Have an adult sign and send a note explaining something you did showing Self-Control

Notes:

Rotation 3 – Recommended Black Belts (Sr. Red, Phase I, Phase II)

<p>Rec BB</p>  <p>Create Self Defense</p>	<p>The student must perform the following to earn the Create Self Defense merit badge:</p> <ul style="list-style-type: none">- Create 3 self defense maneuvers. This must be approved by your instructor.
<p>Rec BB</p>  <p>Must Be Earned Last in Series</p>	<p>The student must perform the following to earn the Indomitable Spirit merit badge:</p> <ul style="list-style-type: none">- This badge must be earned after the Self-Control merit badge.- Attend Merit Badge class on Indomitable Spirit- Write a paper giving the definition of 'Indomitable Spirit', and explain in own words what 'Indomitable Spirit' means to you- Have an adult sign and send a note explaining something you did showing indomitable spirit

Notes:

Merit Badges and Stars that can be Earned Anytime by Any Rank

 <p>Refer a Friend</p>	<p>To earn the Refer a Friend merit badge simply have one of your friends attend a free class, and have them tell one of the instructors you sent them.</p>
 <p>First Time Present Straight A's</p>	<p>To earn the Straight A's merit badge you must bring your report showing you made A's in every subject.</p>
 <p>Sparring</p>	<p>To earn the Sparring merit badge you must purchase your sparring gear and actively participate in a sparring match.</p>
 <p>Straight A's</p>	<p>To earn the Straight A's Star you must bring your report showing you made A's in every subject. The star is given after the Academic Achiever merit badge is earned</p>
 <p>A's and B's</p>	<p>To earn the Straight A's & B's Star you must bring your report showing you made A's & B's in every subject.</p>
 <p>Straight B's</p>	<p>To earn the Straight B's Star you must bring your report showing you made B's in every subject.</p>
 <p>Perfect Monthly Attendance</p>	<p>To earn the Perfect Monthly Attendance Star you must attend all classes for an entire month.</p>

 <p>Attend 10 Classes</p>	<p>For every 10th class you attend you will receive the Red Star</p>
 <p>Tie Belt</p>	<p>Learn to properly tie your own belt, and you will earn the Belt Tying merit badge.</p>
 <p>Seminar</p>	<p>Attend any seminar and you can earn your Seminar merit badge.</p>
 <p>Tournament</p>	<p>Compete in a tournament and you can earn your Tournament merit badge.</p>
 <p>Any 10 Badges</p>	<p>Receive this badge after you have earned 10 merit badges.</p>
 <p>Any 20 Badges</p>	<p>Receive this badge after you have earned 20 merit badges.</p>
 <p>Any 30 Badges</p>	<p>Receive this badge after you have earned 30 merit badges.</p>

