

Warrior’s Edge
Student Handbook and Curriculum Manual

Traditional Taekwondo • Defensive Hapkido • Character Development

Master Adam Sanders

2026 edition

Use this handbook as your reference for school expectations and the color-belt curriculum. Follow your current coaching instructions and assigned training in the member app.

Contents

Copyright 4

Dedication 5

Welcome 6

Meet Master Adam Sanders 7

Warrior’s Edge Identity 8

Warrior’s Edge Philosophy 11

Student Expectations 14

Dojang Etiquette 17

Belt System Overview 21

Training Fundamentals 25

Frequently Asked Questions 29

Beginning Your Journey 30

A Message From Master Adam Sanders 33

Warrior’s Edge Creed 34

Warrior’s Edge Student Oath 35

Understanding the Warrior’s Edge Curriculum 36

Volume Two: Warrior’s Edge Color Belt Curriculum 40

White Belt 40

Yellow Belt 44

Orange Belt 47

Green Belt 50

Green/Black Belt 53

Blue Belt 56

Blue/Black Belt 59

Purple Belt 62

Red Belt 65

Brown Belt 68

Copyright

Copyright © 2026 Warrior's Edge.

All rights reserved.

No part of this publication may be reproduced, distributed, stored in a retrieval system, or transmitted in any form or by any means without the prior written permission of Warrior's Edge, except for brief quotations used in reviews or educational purposes permitted by law.

Warrior's Edge
Dallas, Texas

Printed in the United States of America.

Published by Warrior's Edge
Dallas, Texas

First Edition - 2026

Dedication

This handbook is dedicated to every Warrior's Edge student—past, present, and future.

It is also dedicated to my family, my instructors, mentors, and everyone who has been part of my martial arts journey. Your guidance, encouragement, patience, and belief in the values of martial arts have helped shape not only the instructor I have become, but also the vision of Warrior's Edge.

To my students, thank you for trusting me to be part of your journey. Every class we share is an opportunity to grow stronger, think more clearly, and develop the character that defines a true martial artist.

My hope is that this handbook becomes more than a guide to techniques and belt requirements. May it serve as a reminder that respect, discipline, perseverance, humility, integrity, and continual learning are the qualities that build success both on and off the mat.

Train with purpose. Lead by example. Never stop learning.

— Master Adam Sanders

Welcome

Welcome to Warrior's Edge.

Whether you are stepping onto the mat for the very first time or continuing a lifelong martial arts journey, I want to personally welcome you to our family.

Martial arts is about far more than learning punches, kicks, or self-defense techniques. It is a path of personal growth that develops discipline, confidence, respect, perseverance, humility, and character. Every class presents an opportunity to improve—not only as a martial artist, but also as a person.

At Warrior's Edge, we believe that success is measured by consistent effort, a willingness to learn, and the courage to keep moving forward. Progress looks different for every student. Some will advance quickly, while others may need more time to master a technique or overcome a challenge. What matters most is your commitment to continual improvement.

This handbook is designed to guide you throughout your journey. Inside, you will find information about our philosophy, training expectations, etiquette, curriculum, and the skills required at each belt rank. More importantly, you will discover the values that define the Warrior's Edge experience.

As you progress, remember that every Black Belt was once a White Belt who chose not to quit.

Train with purpose.

Treat others with respect.

Remain humble.

Never stop learning.

I am honored to be part of your martial arts journey and look forward to watching you grow both on and off the mat.

Meet Master Adam Sanders

Training with Purpose. Leading by Example.

My name is Master Adam Sanders, and it is my privilege to guide students on their martial arts journey. Whether your goal is to develop confidence, improve physical fitness, learn practical self-defense, or pursue excellence in traditional martial arts, I am committed to helping you reach your full potential.

My own martial arts journey has been shaped by years of dedicated training, continual learning, and the guidance of exceptional instructors and mentors. Throughout that journey, I have come to understand that martial arts is about much more than techniques or belt promotions. It is about building character, developing discipline, and learning lessons that extend far beyond the training floor.

That philosophy became the foundation of Warrior's Edge.

At Warrior's Edge, every student is encouraged to grow at their own pace while striving for continual improvement. We believe success is measured by consistent effort, a positive attitude, and the willingness to learn from every challenge. Every class is designed to help students become stronger physically, mentally, and emotionally.

Our curriculum combines traditional Taekwondo, Defensive Hapkido, practical self-defense, and character development into a structured program that emphasizes both technical excellence and personal growth. Students learn not only how to defend themselves, but also how to demonstrate respect, humility, perseverance, integrity, and self-control in their daily lives.

As an instructor, my responsibility extends beyond teaching techniques. I strive to create a safe, positive, and encouraging environment where every martial artist feels challenged, supported, and inspired to become the best version of themselves.

Whether you train for a few months or for many years, I hope the lessons you learn at Warrior's Edge remain with you long after you leave the dojang.

Warrior’s Edge Identity

More Than a Martial Arts School

Warrior's Edge is more than a place to learn martial arts.

It is a community built on respect, discipline, perseverance, and continual improvement. Every student who steps onto the training floor becomes part of an environment that encourages personal growth, mutual support, and the pursuit of excellence.

Our goal is not simply to develop skilled martial artists. We strive to help every student become a stronger, more confident, and more responsible individual. The lessons learned in the dojang are meant to strengthen families, careers, schools, and communities.

Whether you are training for self-defense, competition, physical fitness, or personal development, our purpose remains the same:

To help you become the strongest version of yourself.

Our Mission

To build stronger bodies, sharper minds, and unbreakable spirits through traditional martial arts, Defensive Hapkido, practical self-defense, and personal development. Every student is challenged, supported, and empowered to become the strongest version of themselves.

Our Vision

To create a welcoming community where students of all ages develop the confidence, discipline, and character to positively impact their families, workplaces, schools, and communities.

We believe that the lessons learned on the training floor should continue long after class has ended.

Our Core Values

Everything we do is built upon these principles:

Respect

Treat yourself, your instructors, training partners, and everyone around you with courtesy and dignity.

Integrity

Choose to do what is right, even when no one is watching.

Discipline

Success comes from consistent effort, not occasional motivation.

Perseverance

Challenges are opportunities to improve. Never quit simply because something becomes difficult.

Humility

No matter your rank or experience, there is always something new to learn.

Excellence

Strive to improve every day. Progress—not perfection—is the goal.

The Warrior's Edge Difference

At Warrior's Edge, advancement is measured by more than technical ability.

We believe a true martial artist demonstrates:

- Strong character.
- Respect for others.
- Self-discipline.
- Responsibility.
- A positive attitude.
- A willingness to learn.

Belts recognize progress, but character defines success.

Our Commitment to Every Student

When you train at Warrior's Edge, you can expect:

- Professional instruction.
- A safe and encouraging training environment.
- Structured, progressive curriculum.
- Individual attention.
- Practical self-defense skills.
- Opportunities for continual growth.

Every student matters.

Every journey is unique.

Every achievement is earned.

What We Expect From You

Success at Warrior's Edge begins with your commitment.

We ask every student to:

- Train consistently.
- Respect instructors and classmates.
- Practice with purpose.
- Remain humble.

- Encourage others.
- Represent Warrior's Edge with integrity both inside and outside the dojang.

The effort you invest determines the progress you achieve.

Warrior's Edge Standard

Our goal is not simply to build better martial artists. Our goal is to build better people through martial arts.

A Lifelong Journey

Martial arts is not a destination, it is a lifelong process of learning, improving, and serving others.

Every class presents an opportunity to become stronger.

Every challenge presents an opportunity to grow.

Every lesson helps shape the person you are becoming.

Welcome to Warrior's Edge.

Your journey starts today.

Warrior’s Edge Philosophy

The Warrior's Way

Martial arts is more than learning techniques.

It is a lifelong journey of personal growth, self-discipline, and continual improvement. Every class provides an opportunity to strengthen not only your body, but also your mind and character.

At Warrior's Edge, we believe that true success is not measured by the color of a belt, the number of techniques learned, or the trophies won. Success is measured by the person you become through consistent effort, perseverance, and integrity.

Every student begins their journey with different goals. Some come to improve fitness. Others seek practical self-defense, confidence, or stress relief. Many simply want to challenge themselves in a positive environment.

Whatever brings you through our doors, our mission is to help you leave stronger than when you arrived.

The Warrior's Edge Way

Everything we teach is guided by four simple principles:

Train with Purpose

Every drill, form, and technique has a purpose.

Rather than simply repeating movements, strive to understand why they are performed and how they contribute to your development.

Purpose creates progress.

Practice with Discipline

Motivation changes from day to day.

Discipline creates consistency.

Showing up, working hard, and giving your best effort—even on difficult days—is what produces lasting improvement.

Lead with Humility

The more you learn, the more you realize there is still to discover.

Humility allows us to accept correction, respect others, and remain lifelong students regardless of rank or experience.

Live with Integrity

Martial arts is not limited to the dojang.

The respect, honesty, self-control, and perseverance developed during training should influence every aspect of life.

Your character is demonstrated by your actions when no one is watching.

Progress Over Perfection

One of the greatest lessons martial arts teaches is patience.

No one masters every technique immediately.

Mistakes are part of learning.

Challenges are opportunities to improve

The Value of Fundamentals

Advanced techniques often receive the most attention.

However, experienced martial artists understand that mastery comes from continually refining the basics.

Every stance.

Every block.

Every strike.

Every kick.

Every form.

These fundamentals become the foundation upon which all advanced skills are built.

The basics never become less important.

They become more important.

Success Is Earned

Belts are not goals.

They are milestones.

Each promotion recognizes the effort, discipline, and improvement demonstrated since the previous rank.

True success is not found in earning the next belt.

It is found in becoming the kind of person worthy of wearing it.

Beyond the Dojang

The lessons learned during training should extend into everyday life.

Respect your family.

Serve your community.

Lead by example.

Accept responsibility.

Continue learning.

Our goal is not simply to develop skilled martial artists.

Our goal is to develop people who positively influence the lives of those around them.

Warrior's Edge Standard

Train with purpose. Live with integrity. Lead by example. Never stop learning.

Reflection

Take a moment to consider the following questions:

- Why did you begin training?
- What do you hope to achieve?
- How can martial arts help you become a better person?
- What habits are you building through your training?
- How will you apply these lessons outside the dojang?

Your answers may change over time.

That is part of the journey.

A Lifelong Commitment

The Warrior's Edge philosophy is not something to memorize.

It is something to live.

Every class.

Every challenge.

Every opportunity.

Continue improving.

Continue serving.

Continue growing.

The journey never truly ends.

It simply becomes more meaningful with each step forward.

Student Expectations

Success Begins With Commitment

Every student arrives at Warrior's Edge with different goals, abilities, and experiences.

Some are beginning their martial arts journey for the very first time.

Others bring years of training from different schools or styles.

Regardless of where you begin, every student is expected to demonstrate the same commitment to respect, effort, and continual improvement.

Success at Warrior's Edge is not determined by natural talent.

It is earned through consistent practice, a positive attitude, and a willingness to learn.

Come Ready to Learn

Every class is an opportunity to improve.

Arrive on time, prepared, and ready to give your full attention to training.

A focused mindset allows you to learn more effectively, train more safely, and show respect for your instructors and classmates.

Leave distractions outside the dojang whenever possible.

Your time on the mat should be intentional.

Practice Consistently

Improvement happens through repetition.

While attending class regularly is important, true progress comes from practicing outside of scheduled classes as well.

Even a few minutes of focused practice each day can reinforce techniques, improve confidence, and build lasting habits.

Consistency will always outperform occasional bursts of effort.

Respect Everyone

Respect is the foundation of martial arts.

At Warrior's Edge, respect is demonstrated by:

- Listening when instructors are speaking.
- Treating training partners with courtesy.
- Encouraging classmates.
- Caring for school equipment.
- Maintaining a positive attitude.
- Showing humility regardless of rank.

Every person in the dojang deserves to feel safe, supported, and valued.

Accept Correction

Corrections are an essential part of learning.

When an instructor offers guidance, it is not criticism—it is an investment in your improvement.

Approach every correction with an open mind.

The martial artists who improve the fastest are often those who welcome feedback the most.

Give Your Best Effort

Every class will look a little different.

Some days you will feel strong and confident.

Other days you may feel tired, frustrated, or challenged.

Your responsibility is not to be perfect.

Your responsibility is to give your best effort for that day.

Consistent effort leads to consistent growth.

Support Your Training Partners

Martial arts is an individual journey, but no one succeeds alone.

Help create a positive learning environment by:

- Encouraging others.
- Practicing safely.
- Being patient.
- Celebrating the success of classmates.
- Leading through your actions.

A strong school is built by students who help one another improve.

Represent Warrior's Edge Well

Your training does not end when class is over.

The values you practice in the dojang should be reflected at home, at school, at work, and throughout your community.

Whenever you wear your uniform or represent Warrior's Edge, remember that your actions reflect both you and our school.

Lead with integrity.

Treat others with respect.

Make choices that reflect the values you are learning.

Attendance and Progress

Regular attendance helps develop confidence, consistency, and technical skill.

Students who attend class consistently and practice between classes typically progress more effectively than those who train only occasionally.

However, advancement is never based solely on attendance.

Promotion recognizes:

- Technical improvement.
- Understanding of the curriculum.
- Consistency.
- Effort.
- Character.
- Readiness for the next level.

Every student progresses at their own pace.

Warrior's Edge Standard

Respect the process. Trust the journey. Earn every rank.

Your Commitment

As a Warrior's Edge student, I will strive to:

- Train with purpose.
- Practice consistently.
- Respect my instructors and classmates.
- Accept correction with humility.
- Encourage others.
- Represent Warrior's Edge with integrity.
- Never stop learning.

Every class is another opportunity to become stronger than yesterday.

Reflection

Ask yourself:

- Am I giving my best effort?
- Do I arrive prepared to learn?
- Do I treat others with respect?
- Am I practicing outside of class?
- What can I improve before my next lesson?

Small improvements made consistently create lasting success.

Dojang Etiquette

Respect Begins Before Class

The dojang is more than a training facility.

It is a place of learning, personal growth, and mutual respect. Every student contributes to the atmosphere of the dojang through their attitude, behavior, and commitment to the values of Warrior's Edge.

The traditions practiced here are not meant to make training complicated. They exist to help us remain focused, disciplined, and respectful of one another.

Good etiquette demonstrates good character.

Entering the Dojang

When entering the training floor:

- Remove shoes unless instructed otherwise.
- Enter with a positive attitude and a willingness to learn.
- Place your belongings neatly in the designated area.
- Prepare yourself before class begins.

When appropriate, bow as a sign of respect for the training environment and the opportunity to learn.

The bow is not an act of worship.

It is a symbol of courtesy, gratitude, and mutual respect.

Before Class Begins

Arrive early whenever possible.

Use the time before class to:

- Warm up appropriately.
- Review techniques.
- Organize your equipment.
- Prepare mentally for training.

Beginning class prepared shows respect for your instructors, classmates, and yourself.

During Class

Give your full attention to instruction.

When G Sensei or another instructor is teaching:

- Listen without interruption.
- Remain attentive.
- Follow directions promptly.

- Ask respectful questions when appropriate.

Every student deserves an environment where learning can take place without unnecessary distractions.

Working With Training Partners

Your training partner plays an important role in your development.

Always:

- Practice with control.
- Respect differences in age, size, and experience.
- Encourage one another.
- Train safely.
- Communicate if something feels unsafe or uncomfortable.

Remember:

Your partner is helping you improve just as much as you are helping them.

Caring for the Dojang

Take pride in your training environment.

Help keep the dojang clean by:

- Returning equipment after use.
- Throwing away trash.
- Reporting damaged equipment.
- Treating school property with care.

Respect for the facility reflects respect for the school.

Uniform Standards

Wear a clean, well-maintained dobok to every class.

Your uniform should be:

- Clean.
- In good condition.
- Properly fitted.
- Worn with the correct belt.

Remove jewelry or anything that could create a safety hazard before training.

A neat appearance demonstrates pride in yourself and respect for your training.

Belt Etiquette

Your belt represents the effort you have invested in your training.

Treat it with respect.

Remember:

The value of a belt comes from the character and effort of the person wearing it—not from the belt itself.

Wear your rank with humility.

Showing Respect

Respect is demonstrated through everyday actions.

This includes:

- Greeting instructors politely.
- Supporting classmates.
- Practicing patience.
- Accepting correction.
- Speaking respectfully.
- Demonstrating self-control.

True respect is shown through consistent behavior rather than words alone.

Safety Comes First

Safety is everyone's responsibility.

Always:

- Follow instructor directions.
- Practice techniques with control.
- Tap early during joint locks or submissions.
- Communicate with your training partner.
- Immediately report injuries or unsafe conditions.

A safe training environment allows everyone to learn with confidence.

Leaving the Dojang

Before leaving:

- Return equipment to its proper place.
- Thank your instructors and training partners.
- Leave the dojang cleaner than you found it whenever possible.

Carry the values you practiced in class for the rest of your day.

Martial arts continues long after class has ended.

Warrior's Edge Standard

Respect is demonstrated by the way you treat people, the way you train, and the way you carry yourself every day.

Reflection

Consider these questions:

- Do I help create a positive training environment?
- Am I respectful to instructors and classmates?
- Do I practice safely and responsibly?
- Do my actions reflect the values of Warrior's Edge?

Every class gives you another opportunity to strengthen both your skills and your character.

Belt System Overview

Every Journey Begins with a Single Step

Every Black Belt was once a White Belt.

No one begins martial arts as an expert. Every student starts by learning the same fundamental skills—how to stand, move, show respect, and develop discipline. Over time, those fundamentals become the foundation for greater confidence, stronger techniques, and personal growth.

The belt system provides a way to recognize progress throughout that journey. Each promotion represents more than technical improvement. It reflects your dedication, effort, character, and readiness to accept new challenges.

Remember that a belt is not the goal.

The person you become while earning it is what truly matters.

Understanding Belt Progression

At Warrior's Edge, each belt represents a stage of development.

As your knowledge and experience increase, so do the expectations placed upon you.

You will learn new techniques, improve your understanding, and continue strengthening the values that define a martial artist.

Advancement is earned through consistent training, continual improvement, and a commitment to the Warrior's Edge standards

Your Journey

White Belt

Beginning the journey.

Learning the fundamentals while developing respect, confidence, and discipline.

Yellow Belt

Building consistency.

Strengthening basic techniques while developing positive training habits.

Orange Belt

Becoming capable.

Connecting techniques together with improved confidence, coordination, and control.

Green Belt

Developing discipline.

Beginning the intermediate ranks with greater responsibility and technical refinement.

Green Black Belt

Strengthening the foundation.

Building dependable skills while preparing for the advanced color belts.

Blue Belt

Becoming a leader.

Leading through example while continuing to strengthen both technique and character.

Blue Black Belt

Leading by example.

Developing consistency, confidence, and reliability as an advanced martial artist.

Purple Belt

Preparing for greater responsibility.

Entering the senior color belts with increased ownership of your training and continued personal growth.

Red Belt

Refining character.

Demonstrating maturity, discipline, humility, and consistency while preparing for the final stages before Black Belt.

Brown Belt

Preparing for Black Belt.

Bringing together everything learned throughout the color belt journey while preparing for Black Belt candidacy.

Black Belt

Black Belt is not the end of your martial arts journey.

It represents a new beginning.

Earning a Black Belt demonstrates that you have built a strong foundation and are prepared to continue learning at an even deeper level.

The journey of a Black Belt is one of continual growth, service, leadership, and lifelong learning.

Promotion Standards

Advancement is never based on time alone.

Promotion reflects consistent progress in areas such as:

- Technical skill

- Knowledge of the curriculum
- Forms (Palgue)
- Self-defense
- Defensive Hapkido
- Attitude and effort
- Respect and sportsmanship
- Readiness for the next level

Every student progresses at a different pace.

Focus on becoming better than you were yesterday rather than comparing yourself to others.

Your Responsibility

Each belt brings new opportunities and new expectations.

As you advance, you will be expected to:

- Continue refining your fundamentals.
- Demonstrate greater self-discipline.
- Support your classmates.
- Lead by example.
- Represent Warrior's Edge with integrity.

The higher your rank, the greater your responsibility.

Warrior's Edge Standard

Belts recognize progress. Character defines the martial artist.

Progress Takes Time

Martial arts is not a race.

There will be days when progress feels fast and days when it feels slow.

Continue showing up.

Continue practicing.

Continue learning.

Every class brings you one step closer to your goals.

Trust the process.

Reflection

Ask yourself:

- Why do I want to advance?
- What habits am I developing through training?

- How am I improving outside the dojang?
- Am I becoming the kind of martial artist I want to be?

The answers to these questions matter far more than the color of your belt.

Training Fundamentals

Building a Strong Foundation

Every great martial artist begins by mastering the fundamentals.

Powerful kicks, effective self-defense, and advanced techniques are all built upon simple movements practiced consistently over time.

At Warrior's Edge, we believe the fundamentals are not something you leave behind as you advance. They are skills you continue refining throughout your entire martial arts journey.

No matter your rank, every class offers an opportunity to strengthen your foundation.

Consistency Creates Success

Progress in martial arts is achieved through regular, purposeful practice.

Training once in a while may help you remember techniques, but consistent training builds confidence, skill, and lasting habits.

You do not need to be perfect.

You simply need to keep showing up with a willingness to learn and improve.

Small improvements made consistently lead to remarkable results over time.

Quality Over Quantity

Practicing longer does not always mean practicing better.

Ten minutes of focused practice is often more valuable than an hour of distracted repetition.

When practicing at home:

- Focus on proper technique.
- Move with control.
- Pay attention to details.
- Correct mistakes as you notice them.
- Practice with purpose.

Every repetition should reinforce good habits.

Develop Strong Fundamentals

Every technique begins with a strong foundation.

Pay attention to:

- Stance
- Balance
- Posture
- Breathing
- Body mechanics

- Control

Advanced techniques become easier when these fundamentals become second nature.

Learn to Accept Feedback

One of the fastest ways to improve is by accepting correction with a positive attitude.

Your instructors are committed to helping you succeed.

Every correction is an opportunity to become more skilled.

Rather than becoming discouraged by mistakes, learn from them.

Mistakes are part of the learning process.

Train Your Mind

Martial arts develops more than physical ability.

Every class strengthens:

- Focus
- Patience
- Discipline
- Confidence
- Self-control
- Problem-solving

These qualities become just as valuable outside the dojang as they are during training.

Set Personal Goals

Progress becomes more meaningful when you have clear goals.

Examples include:

- Improving balance.
- Increasing flexibility.
- Memorizing your Palgue.
- Developing stronger kicks.
- Practicing more consistently.
- Building confidence during partner drills.

Goals provide direction.

Effort produces results.

Take Care of Your Body

Your body is your most important training tool.

Support your progress by:

- Getting adequate sleep.

- Eating nutritious foods.
- Staying hydrated.
- Stretching regularly.
- Warming up properly.
- Allowing your body time to recover.

Healthy habits improve both performance and long-term success.

Learn Beyond Class

Growth doesn't stop when class ends.

Review your notes.

Practice your techniques.

Watch instructor-approved training videos.

Reflect on each lesson.

The more engaged you are between classes, the more confident you will become during training.

Be Patient With Yourself

Every martial artist experiences challenges.

Some techniques come naturally.

Others require time and persistence.

Do not compare your progress to someone else's.

Focus on becoming a little better each day.

Your journey is unique.

Trust the process.

Warrior's Edge Standard

Master the fundamentals, trust the process, and never stop improving.

Habits of Successful Martial Artists

Students who make the greatest progress often share these habits:

- They arrive prepared.
- They listen carefully.
- They practice consistently.
- They ask thoughtful questions.
- They accept correction.
- They encourage others.

- They remain humble.
- They enjoy the journey.

Success is built through daily habits—not occasional effort

Reflection

Take a moment to consider:

- What is one fundamental I can improve this week?
- How consistent am I with my training?
- Am I practicing with purpose or simply repeating movements?
- What habit would help me become a better martial artist?

Remember:

Improvement begins with honest self-reflection.

Frequently Asked Questions

Helping You Get Started

Beginning martial arts is an exciting experience, and it's natural to have questions. The answers below address many of the topics new students and families ask most often.

If you ever have additional questions, please speak with one of our instructors. We are always happy to help.

How often should I attend class?

Consistency is one of the most important factors in your progress.

We encourage students to attend class regularly and practice between classes whenever possible. Consistent training develops confidence, improves technique, and helps build lasting habits.

How long does it take to earn the next belt?

Every student progresses at their own pace.

Advancement is based on demonstrated skill, knowledge, effort, attitude, and readiness—not simply the amount of time that has passed.

Focus on learning rather than rushing toward the next promotion.

What if I miss a class?

Everyone occasionally misses training because of work, school, illness, or family commitments.

Simply return to class as soon as you are able and continue where you left off. Consistency over time is far more important than perfection.

Do I need to practice at home?

Yes-but be careful not to overdo it

Beginning Your Journey

Every Expert Was Once a Beginner

Starting martial arts is a significant step.

Whether you are a child stepping onto the mat for the first time or an adult beginning a new challenge, it is normal to feel excited, nervous, or even uncertain. Every student who has earned a higher rank once stood exactly where you are today.

The important thing is not where you begin.

The important thing is that you begin.

Your First Step

Every class is an opportunity to learn something new.

Some days you will learn a new technique.

Some days you will improve your balance.

Some days you will simply become a little more confident than you were yesterday.

Every lesson matters.

Every improvement counts.

Don't Compare Your Journey

Every martial artist progresses at a different pace.

Some techniques will come naturally.

Others will require patience and persistence.

Avoid comparing yourself to classmates.

Instead, compare yourself to the person you were yesterday.

The goal is continual improvement—not competition with others.

Mistakes Are Part of Learning

You will make mistakes.

Everyone does.

Mistakes are not signs of failure.

They are opportunities to learn.

Every correction brings you one step closer to improvement.

Approach challenges with curiosity instead of frustration.

Growth comes from practice, patience, and perseverance.

Build Good Habits Early

The habits you develop now will stay with you throughout your martial arts journey.

Make it your goal to:

- Arrive prepared.
- Listen carefully.
- Practice consistently.
- Ask questions.
- Show respect.
- Encourage others.
- Give your best effort.

Strong habits create strong martial artists.

Trust the Process

Martial arts is built one class at a time.

There will be moments when progress feels fast.

There will also be times when improvement seems slow.

Keep training.

Keep learning.

Keep believing in yourself.

The process works for those who remain committed.

Celebrate Every Milestone

Every new technique learned.

Every Plague completed.

Every improvement in confidence.

Every belt earned.

Take time to appreciate your progress.

Each achievement represents the result of consistent effort and dedication.

The Journey Never Ends

Martial arts is unique because there is always more to learn.

Every belt introduces new challenges.

Every class offers new lessons.

Every experience helps shape the person you are becoming.

Continue approaching each lesson with humility, curiosity, and determination.

Warrior's Edge Standard

The journey of a thousand miles begins with a single step. Take that step with courage, humility, and purpose.

Reflection

Before beginning your training, ask yourself:

- Why did I choose martial arts?
- What kind of person do I want to become?
- What strengths do I already have?
- What areas of my life would I like to improve?
- How can I give my best effort in every class?

Keep your answers.

Revisit them often.

You may discover that your goals grow along with your skills.

A Message From Master Adam Sanders

As you begin your journey, remember that every great accomplishment begins with a decision to take the first step.

You do not need to know everything today.

You do not need to be perfect tomorrow.

Simply commit yourself to learning, practicing, and growing one class at a time.

I believe in every student who walks through our doors because I know what consistent effort can accomplish.

Whether your goal is confidence, self-defense, physical fitness, personal growth, or Black Belt, I look forward to helping you achieve it.

Welcome to the Warrior's Edge family.

Let's begin this journey together.

Warrior’s Edge Creed

The Warrior's Promise

As a Warrior's Edge martial artist,

I will train with purpose and give my best effort in every class.

I will show respect to my instructors, my training partners, my family, and myself.

I will practice discipline by doing what is right, even when it is difficult.

I will face challenges with courage and perseverance, refusing to give up when obstacles stand in my way.

I will remain humble, knowing there is always more to learn.

I will lead by example through my words, my actions, and my character.

I will use my martial arts skills responsibly and only for protection and the defense of myself or others.

I will strive to become stronger in body, sharper in mind, and better in character each day.

I will honor the values of Warrior's Edge both inside and outside the dojang.

This is my commitment.

This is my journey.

This is the Warrior's Edge way.

Warrior's Edge Standard

Train with Purpose. Live with Integrity. Lead by Example.

Warrior’s Edge Student Oath

Today I choose to become better than I was yesterday.

I promise to train with focus, discipline, and respect.

I will give my best effort in every class, knowing that improvement comes through consistent practice.

I will respect my instructors, my training partners, my family, and myself.

I will demonstrate honesty, humility, and integrity in both victory and defeat.

I will encourage others, accept correction with gratitude, and never stop learning.

I will use my martial arts skills responsibly and only to protect myself or others when no other choice exists.

I understand that earning rank is a privilege that must be earned through hard work, good character, and perseverance.

I will represent Warrior’s Edge with honor both inside and outside the dojang.

Today I commit to becoming stronger in body, sharper in mind, and greater in character.

This is my promise.

This is my responsibility.

This is the Warrior’s Edge way.

Why We Have a Student Oath

An oath is more than words recited before class.

It is a personal commitment to the standards every Warrior’s Edge student strives to uphold.

While techniques build skill, character builds trust. Every time you train, you have an opportunity to strengthen both.

The Student Oath reminds us that martial arts is not simply about earning belts—it is about becoming the kind of person who deserves to wear them.

Understanding the Warrior’s Edge Curriculum

Your Roadmap to Success

Welcome to the technical portion of the Warrior’s Edge Student Handbook.

The curriculum in the following pages has been carefully designed to guide your development from White Belt through Brown Belt. Each belt builds upon the skills, knowledge, and character developed at the previous rank.

Just as a strong building requires a solid foundation, advanced martial arts techniques depend on mastering the fundamentals first.

Take your time.

Learn each lesson thoroughly.

Trust the process.

How to Use This Handbook

This handbook is designed to be your personal training companion.

Use it to:

- Review techniques learned in class.
- Study terminology and concepts.
- Practice your Palgue.
- Prepare for belt testing.
- Record notes and personal goals.
- Track your progress throughout your martial arts journey.

The more often you use this handbook, the more valuable it will become.

What’s Included in Each Belt Chapter

Every belt chapter follows a consistent format to provide a clear, organized path for learning and advancement. While the specific requirements become more challenging at each rank, the structure remains familiar so students can focus on developing both technical skill and character.

Within each belt chapter, you will find:

• Belt Meaning – The significance of the belt and the stage of development it represents.

• Character Focus – The Warrior's Edge value or personal quality emphasized at that rank.

• Promotion Requirements – The techniques, knowledge, and skills required to advance to the next belt.

• Stances – The foundational positions that develop balance, stability, and proper body mechanics.

• Strikes & Combinations – Punches, kicks, strikes, and combinations that build coordination, timing, power, and control.

• Hand Techniques – Blocks, strikes, and defensive movements that improve precision and effectiveness.

• Forms (Katas/Palgue) – Traditional forms that strengthen technique, balance, rhythm, focus, and discipline.

• Self-Defense & Defensive Hapkido – Practical self-defense skills, escapes, falls, joint locks, and defensive applications appropriate for each belt level.

• Drills & Specialized Training – Partner drills and training exercises that reinforce technique, coordination, and confidence.

• Testing Expectations – The standards instructors use to evaluate readiness for promotion.

• Why It Matters – An explanation of how the skills learned at each rank prepare you for future growth.

• Master's Tip – Personal advice and encouragement from Master Adam Sanders to help guide your training.

• Student Notes – Space to record instructor feedback, personal goals, questions, and reminders throughout your martial arts journey.

• Warrior's Edge Standard – A guiding principle that reinforces the mindset, character, and values expected at each belt level.

Every section is designed to help you develop not only as a martial artist, but also as a confident, disciplined, and respectful individual. Remember that earning a new belt is only one measure of success. The habits you build, the character you develop, and the person you become are the true goals of your martial arts journey

Learning One Step at a Time

Do not worry about memorizing everything at once.

Focus on mastering your current rank.

Every lesson prepares you for the next one.

Progress comes through consistent effort—not rushing ahead.

A strong White Belt becomes a strong Yellow Belt.

A strong Yellow Belt becomes a strong Orange Belt.

Every rank builds upon the one before it.

Practice Makes Permanent

Practice should always reinforce correct technique.

Quality is more important than quantity.

When practicing:

- Move with control.

- Focus on proper form.
- Practice slowly before increasing speed.
- Ask questions whenever something is unclear.
- Never sacrifice technique for power.

Correct repetitions build lasting skill.

Learning Beyond Technique

The Warrior’s Edge curriculum develops more than physical ability.

As you progress, you will also strengthen:

- Confidence
- Discipline
- Respect
- Leadership
- Perseverance
- Humility
- Self-control

These qualities are just as important as the techniques you learn.

Warrior’s Edge Standard

Every class is an opportunity to improve your technique, strengthen your character, and become a better version of yourself.

Your Responsibility

As you advance through the curriculum, remember:

Learning is a partnership between the instructor and the student.

Your instructors will provide guidance, encouragement, and correction.

Your responsibility is to:

- Attend consistently.
- Practice with purpose.
- Listen carefully.
- Ask questions.
- Support your classmates.
- Give your best effort.

When both instructor and student are committed, growth becomes inevitable.

Reflection

Before beginning the White Belt curriculum, ask yourself:

- Am I ready to learn with an open mind?
- Will I practice consistently?
- Am I willing to accept correction?
- What kind of martial artist do I want to become?

Remember:

Your journey is measured not by how quickly you advance, but by the person you become along the way.

Volume Two: Warrior’s Edge Color Belt Curriculum

White Belt

Beginning the Journey

Belt Meaning

The White Belt represents a new beginning. Like a blank page, it symbolizes a student who is ready to learn, grow, and develop both physically and mentally.

Every Black Belt was once a White Belt. Success begins with an open mind, consistent effort, and a willingness to learn.

Character Focus

Respect

Respect is the foundation of all martial arts.

As a White Belt, students learn to:

- Respect their instructors.
- Respect fellow students.
- Respect the training environment.
- Respect themselves.
- Listen carefully and give their best effort.

Respect creates the positive learning environment that allows everyone to improve.

Promotion Requirements

To be eligible for promotion to Yellow Belt, students must demonstrate proficiency in the following:

Stances

Students must demonstrate:

- Front Stance
- Riding (Horse) Stance
- Fighting Stance

Strikes & Combinations

Students must demonstrate:

- Riding Stance Center Punch
- Straight Kick
- Front Snap Kick

- Inside Crescent Kick
- Side Kick
- Roundhouse Kick
- Jump Front Kick
- Outside Crescent Kick
- Spin Crescent Kick
- Back Step Side Kick
- Kick, Double Punch, Kick

Hand Techniques

Students must demonstrate:

- Down Block
- Outside Center Block
- Inside Block
- Outside Chop
- Inside Chop
- Double Center Block
- High Block
- Center Punch
- High Punch
- Side Punch

Self-Defense

Students must demonstrate:

- Sitting Rear Falls
- Lying Side Falls
- Kneeling Forward Rolls

Defensive Hapkido

Students must demonstrate:

- Breakaways (Escapes) 1–4
- Same Side Wrist Grab Defenses 1–2

Drills

Students must demonstrate:

- Triple Backfist (Adults).

Forms (Katas)

Students must demonstrate:

- Basic (Ki-Cho) Form 1
- Basic (Ki-Cho) Form 2
- Basic (Ki-Cho) Form 3

General Knowledge

Students should understand proper martial arts etiquette, including:

- Bow when entering and leaving the dojang.
- Bow respectfully to instructors and training partners.
- Keep your eyes down while bowing, except before sparring.
- Lower-ranking students bow lower than higher-ranking students as a sign of respect.

Testing Expectations

Students become eligible to test after demonstrating proficiency in the required curriculum. Promotion eligibility is determined by the Master based on technical ability, attitude, effort, and overall readiness. Testing opportunities are held regularly to allow students to progress when they are prepared.

Practice Expectations

Learning takes place during class, but improvement happens through consistent practice. Students are expected to practice outside of class to build confidence, develop muscle memory, and prepare for promotion.

Why It Matters

White Belt is where every martial artist begins. The techniques learned at this level establish the foundation for everything that follows. By developing strong fundamentals, respect, and good training habits, students prepare themselves for continued success throughout their martial arts journey.

Master’s Tip

“Don’t worry about being perfect—focus on improving every class. A strong foundation built through patience, respect, and consistent practice will support every belt that follows.”

— Master Adam Sanders

Student Notes

Use this space to record:

- Instructor feedback.
- Techniques requiring additional practice.
- Personal goals.
- Questions from class.
- Progress toward Yellow Belt.

Warrior’s Edge Standard

Respect everyone. Practice consistently. Build a strong foundation.

Yellow Belt

Promotion Requirements for Orange Belt

Belt Meaning

The Yellow Belt represents growth. Like a seed receiving sunlight, the student begins to develop stronger skills, greater confidence, and a deeper understanding of martial arts. At this level, students build upon the fundamentals learned at White Belt while preparing for more advanced techniques.

Character Focus

Discipline

As a Yellow Belt, discipline means developing consistency in both training and daily life. Success comes from regular practice, a positive attitude, and the willingness to learn from every class.

Promotion Requirements

To be eligible for promotion to Orange Belt, students must demonstrate proficiency in the following areas.

Stances

- All previously learned stances

• Back Stance

Forms (Katas)

Students must demonstrate:

- All previously learned Basic Forms

• Palgue Form 1

• Palgue Form 2

Kicking Techniques

Students must demonstrate all previously learned kicks plus:

- Double Front Snap Kick
- Double Roundhouse Kick
- Back Kick
- Skip Side Kick
- Jump Roundhouse Kick

Hand Techniques

Students must demonstrate all previously learned hand techniques plus:

- Upward Elbow Strike
- Reverse Elbow Strike
- Side Elbow Strike
- Downward Elbow Strike

Defensive Hapkido

Students must demonstrate all previously learned techniques plus:

- Breakaways (Escapes) 5–9
- Same Side Wrist Grab Defenses 3–5
- Cross Wrist Grab Defenses 1–3

Drills

Students must demonstrate all previously learned drills plus:

- Triple Backfist
- Backfist, Uppercut, Ridge hand Combination
- Blocking Drill

Meditation

Students should understand and practice the six Warrior principles during meditation:

- Be Polite
- Be Patient
- Be Alert
- Be Brave
- Do Your Best
- Respect Yourself and Others

Students should also begin developing a controlled breathing pattern:

- Breathe in for 4 counts.
- Hold for 2 counts.
- Breathe out for 4 counts.
- Hold for 2 counts.
- Repeat.

Testing Expectations

Promotion is based on more than technical ability. Students should also demonstrate:

- Respect for instructors and fellow students.
- Proper dojang etiquette.
- Good sportsmanship.

- Confidence without arrogance.
- Consistent effort in every class.
- A positive attitude and a willingness to learn.

Master’s Tip

“Growth isn’t measured by the color of your belt—it’s measured by your commitment to becoming a better martial artist and a better person every day.”

Orange Belt

Building Confidence Through Application

Belt Meaning

The Orange Belt represents continued growth and increasing strength. As a young plant develops deeper roots and stronger branches, the martial artist begins to apply fundamental techniques with greater confidence, speed, and control.

At this level, students move beyond simply performing techniques—they begin to understand how techniques work together through combinations, partner drills, and practical application.

Character Focus

Perseverance

Perseverance is the determination to keep moving forward despite challenges.

As an Orange Belt, perseverance means:

- Practicing consistently.
- Accepting corrections with a positive attitude.
- Learning from mistakes.
- Supporting classmates.
- Continuing to improve one class at a time.

Success is earned through dedication, not shortcuts.

Promotion Requirements

To be eligible for promotion to Green Belt, students must demonstrate proficiency in the following areas.

Stances

Students must demonstrate:

- All previously learned stances.

Forms (Katas)

Students must demonstrate:

- All previously learned forms.

• Palgue Form 3.

Strikes & Combinations

Students must demonstrate all previously learned combinations plus:

- Roundhouse Kick, Spin Backfist, Roundhouse Kick
- Roundhouse Kick, Back Kick

- Roundhouse Kick, Skip Side Kick
- Outside Crescent Kick, Spin Crescent Kick

Hand Techniques

Students must demonstrate all previously learned hand techniques plus:

- Spin Backfist
- Defensive Spin Backfist
- Spinning Low Elbow
- Spinning High Elbow

Self-Defense

One-Step Fighting

(Adults)

Students should demonstrate:

- One-Step Fighting Techniques 1–6.

Defensive Hapkido

(Adults)

Students must also demonstrate:

- Breakaways (Escapes) 10–14
- Same Side Wrist Grab Defenses 6–10
- Cross Wrist Grab Defenses 4–6

Drills

Students must demonstrate:

- All previously learned drills.
- Moving Triple Backfist.

Sparring Equipment

Beginning at Orange Belt, students are expected to provide their own sparring equipment.

Required equipment includes:

- Hand pads
- Foot pads
- Mouthguard

Students without the required protective equipment will not be permitted to participate in sparring activities.

Meditation

Students should continue practicing the Warrior’s Edge meditation principles:

- Be Polite
- Be Patient
- Be Alert
- Be Brave
- Do Your Best
- Respect Yourself and Others

Continue practicing the breathing pattern:

- Breathe in for 4 counts.
- Hold for 2 counts.
- Breathe out for 4 counts.
- Hold for 2 counts.
- Repeat.

Testing Expectations

Promotion to Green Belt requires students to demonstrate:

- Technical proficiency.
- Proper etiquette.
- Respect for instructors and fellow students.
- Safe partner work.
- Confidence with combinations.
- Consistent attendance and effort.
- A positive attitude and strong perseverance.

Promotion recognizes both skill development and personal growth.

Master’s Tip

“Perseverance is the bridge between where you are today and the martial artist you will become tomorrow. Never stop learning, never stop growing.”

— Master Adam Sanders

Green Belt

Developing Strength and Control

Belt Meaning

The Green Belt represents continued growth. Like a healthy plant reaching upward, the student has established strong roots and is now developing greater strength, confidence, and understanding.

At this stage, techniques become more fluid, combinations become more complex, and students begin applying their skills with greater precision and purpose. Green Belt students are expected to demonstrate maturity, self-discipline, and a commitment to continual improvement.

Character Focus

Perseverance

Perseverance is the determination to continue improving regardless of obstacles.

As a Green Belt, perseverance means:

- Training consistently.
- Accepting challenges with confidence.
- Learning from mistakes.
- Encouraging fellow students.
- Striving for excellence in every class.

Growth comes from dedication and consistent effort.

Promotion Requirements

To be eligible for promotion to Green/Black Belt, students must demonstrate proficiency in the following areas.

Stances

Students must demonstrate:

- All previously learned stances.

Forms (Katas)

Students must demonstrate:

- All previously learned forms.

• Palgue Form 4.

Strikes & Combinations

Students must demonstrate all previously learned techniques plus:

- Skip Roundhouse Kick

- Skip Front Snap Kick
- Exchange Front Snap Kick
- Exchange Roundhouse Kick
- Spin Kick
- Wheel Kick

Hand Techniques

Students must demonstrate all previously learned hand techniques plus:

- Add Punches to Blocks
- Retreating Step with Blocks

Self-Defense

One-Step Fighting

(Adults)

Students must demonstrate:

- One-Step Fighting Techniques 1–8.

Defensive Hapkido

Students must demonstrate all previously learned techniques plus:

- Two Hands Grabbing One Wrist Defenses 1–3
- Same Side Wrist Grab Defenses 11–15
- Cross Wrist Grab Defenses 7–8
- Side Wrist Grab Defenses 1–2
- Punch Defenses 1–2

Drills

Students must demonstrate all previously learned drills plus:

- Moving Ridge Hand
- Counterstrike Drill (Gyakashu Waza)

Testing Expectations

Promotion to Green/Black Belt requires students to demonstrate:

- Technical proficiency in all required material.
- Strong stances and proper body mechanics.
- Accurate execution of combinations.
- Safe and controlled partner work.
- Respect for instructors and fellow students.
- Confidence without arrogance.

- Consistent attendance, effort, and discipline.

Promotion recognizes both technical skills and personal growth.

Why It Matters

Green Belt marks an important milestone in your martial arts journey. Students are expected to move beyond memorization and demonstrate confidence, control, and application.

Every technique should reflect proper timing, balance, precision, and discipline. The habits you develop now will prepare you for the advanced ranks ahead.

Master’s Tip

“A Green Belt understands that improvement never ends. Continue to refine the basics, embrace new challenges, and let discipline guide every step of your journey.”

— Master Adam Sanders

Student Notes

Use this space to record:

- Instructor feedback.
- Techniques requiring additional practice.
- Personal training goals.
- Questions from class.
- Progress toward Green/Black Belt.

Warrior’s Edge Standard

Train with confidence. Practice with purpose. Grow through perseverance.

Green/Black Belt

Refining Skill and Expanding Knowledge

Belt Meaning

The Green/Black Belt represents the transition from intermediate to advanced training. Just as a strong tree continues to grow deeper roots while reaching higher, the martial artist develops greater confidence, control, and technical precision.

At this level, students are expected to perform techniques with consistency while beginning to understand timing, application, and strategy. The emphasis shifts from simply learning techniques to mastering them.

Character Focus

Responsibility

With greater knowledge comes greater responsibility.

As a Green/Black Belt, students are expected to:

- Set a positive example for lower-ranking students.
- Demonstrate humility and respect.
- Train with focus and purpose.
- Accept corrections with a positive attitude.
- Continue striving for excellence in every class.

Leadership begins by leading yourself first.

Promotion Requirements

To be eligible for promotion to Blue Belt, students must demonstrate proficiency in the following areas.

Stances

Students must demonstrate:

- All previously learned stances.

Forms (Katas)

Students must demonstrate:

- All previously learned forms.

• Palgue Form 5.

Strikes & Combinations

Students must demonstrate all previously learned techniques plus:

- Ax Kick
- Jump Side Kick

- Jump Back Kick
- Roundhouse Kick, Spin Kick Combination
- Outside Crescent Kick / Jump Spin Crescent Kick

Hand Techniques

Students must demonstrate:

- All previously learned hand techniques.

Defensive Hapkido

(Adults)

Students must demonstrate all previously learned techniques plus:

- Two Hands Grabbing One Wrist Defenses 1–3
- Same Side Wrist Grab Defenses 16–20
- Side Wrist Grab Defenses 3–5
- Punch Defenses 3–4
- Two Hands Grab Two Wrists (Front) 1–2
- Two Hands Grab Two Wrists (Back) 1–2

Drills

Students must demonstrate:

- All previously learned drills.

Testing Expectations

Promotion to Blue Belt requires students to demonstrate:

- Technical proficiency in all required material.
- Proper execution of forms and combinations.
- Confidence in partner drills and self-defense techniques.
- Respect for instructors and fellow students.
- Strong discipline and self-control.
- Consistent attendance and effort.
- Readiness for advanced training.

Promotion reflects continued growth in both skill and character

Why It Matters

Green/Black Belt marks the point where students begin refining their techniques rather than simply learning new ones. Precision, timing, balance, and control become increasingly important as the curriculum becomes more advanced.

The habits developed at this level prepare students for the challenges and responsibilities of the advanced color belts.

Master’s Tip

“True progress isn’t measured by how many techniques you know, but by how well you perform the fundamentals. Excellence comes from refining the basics every time you train.”

— Master Adam Sanders

Student Notes

Use this space to record:

- Instructor feedback.
- Techniques requiring additional practice.
- Personal goals.
- Questions from class.
- Progress toward Blue Belt.

Warrior’s Edge Standard

dependable martial artist builds trust A through consistency, responsibility, and disciplined action.

Refine your technique. Accept responsibility. Lead by example.

Blue Belt

Reaching New Heights

Belt Meaning

The Blue Belt represents the sky—vast, limitless, and full of opportunity. At this stage, students have developed a strong foundation and are beginning to see the broader picture of martial arts. Techniques become more refined, combinations more fluid, and students are expected to demonstrate confidence, control, and maturity.

Blue Belt students are no longer simply learning techniques—they are developing the skills and mindset of advanced martial artists.

Character Focus

Commitment

Commitment is the decision to continue training even when progress seems slow.

As a Blue Belt, commitment means:

- Setting high personal standards.
- Training with consistency and purpose.
- Accepting challenges with confidence.
- Supporting fellow students.
- Continuing to improve both physically and mentally.

Long-term success is built through consistent dedication.

Promotion Requirements

To be eligible for promotion to Blue/Black Belt, students must demonstrate proficiency in the following areas.

Stances

Students must demonstrate:

- All previously learned stances.

Strikes & Combinations

Students must demonstrate all previously learned techniques plus:

- Advanced Double Front Kick
- Advanced Double Roundhouse Kick
- Advanced Double Side Kick
- Spinning Hook Kick
- Skip Hook Kick

Hand Techniques

Students must demonstrate all previously learned hand techniques plus:

- Add Kicks to All Blocking Motions.

Self-Defense

One-Step Fighting

(Adults)

Students must demonstrate:

- One-Step Fighting Techniques 1–10.

Defensive Hapkido

Students must demonstrate all previously learned techniques plus:

- Two Hands Grabbing One Wrist Defenses 4–6
- One Hand Grabbing Shoulder Defenses 1–3
- One Hand Grabbing Lapel Defenses 1–2
- Defense Against Punches 5–6
- Two Hands Grabbing Two Wrists (Front) Defenses 3–6
- Two Hands Grabbing Two Wrists (Rear) Defenses 3–4

Drills

Students must demonstrate:

- All previously learned drills.
- Combination Drill (Kume Awasi).

Forms (Katas)

Students must demonstrate:

- All previously learned forms.

• Palgue Form 6.

Testing Expectations

Promotion to Blue/Black Belt requires students to demonstrate:

- Technical proficiency in all required material.
- Strong execution of forms and combinations.
- Precision, balance, and control in advanced kicking techniques.
- Confidence in Defensive Hapkido applications.
- Safe and respectful partner work.
- Consistent attendance, discipline, and effort.
- A positive attitude and readiness for advanced training.

Promotion recognizes continued excellence in both technical ability and character.

Why It Matters

Blue Belt represents a significant step toward the advanced ranks. Students are expected to combine speed, power, precision, and self-control while maintaining humility and respect.

Every lesson at this level prepares you for the leadership responsibilities and technical challenges that lie ahead.

Master’s Tip

“Commitment is choosing to give your best every day, even when no one is watching. Excellence is built through consistent effort, disciplined practice, and a never-ending desire to improve.”

— Master Adam Sanders

Student Notes

Use this space to record:

- Instructor feedback.
- Techniques requiring additional practice.
- Personal training goals.
- Questions from class.
- Progress toward Blue/Black Belt.

Warrior’s Edge Standard

Train with commitment. Refine every technique. Lead through consistent effort.

Blue/Black Belt

Advancing Toward Mastery

Belt Meaning

The Blue/Black Stripe Belt represents continued advancement and refinement. At this stage, students are expected to perform techniques with confidence, precision, and control while demonstrating the maturity and discipline of an advanced martial artist.

Students should strive to lead by example, showing respect, humility, and a commitment to continual improvement both inside and outside the dojang.

Character Focus

Leadership

Leadership begins by setting the right example.

As a Blue/Black Stripe Belt, students should:

- Demonstrate respect at all times.
- Encourage and assist lower-ranking students.
- Accept responsibility for their training.
- Practice with integrity and humility.
- Lead through actions rather than words.hgdszsz

A true leader never stops learning.

Promotion Requirements

To be eligible for promotion to Purple Belt, students must demonstrate proficiency in the following areas.

Stances

Students must demonstrate:

- All previously learned stances.

Strikes & Combinations

Students must demonstrate:

- All previously learned strikes and combinations.

Hand Techniques

Students must demonstrate:

- All previously learned hand techniques.

Self-Defense

One-Step Fighting

(Adults)

Students must demonstrate:

- One-Step Fighting Techniques 1–10.

Defensive Hapkido

Students must demonstrate:

- One Hand Grabbing Shoulder Defenses 4–6
- One Hand Grabbing Lapel Defenses 3–5
- One Hand Grabbing Collar Behind Neck Defenses 1–3
- Two Hands Grabbing Lapel Defenses 1–2
- One Hand Grabbing Elbow at Mid-Sleeve Defenses 1–2
- Two Hands Grabbing Elbows at Mid-Sleeve Defenses 1–4
- One Hand Grabbing Side Defenses 1–2

Drills

Students must demonstrate:

- All previously learned drills.

Forms (Katas)

Students must demonstrate:

- All previously learned forms.

• Palgue Form 7.

Testing Expectations

Promotion to Purple Belt requires students to demonstrate:

- Technical proficiency in all required material.
- Strong execution of forms and combinations.
- Confidence in self-defense applications.
- Safe and respectful partner work.
- Leadership through attitude and example.
- Consistent attendance, discipline, and effort.

Promotion reflects excellence in both skill and character.

Why It Matters

At this level, students are expected to perform techniques with confidence, precision, and consistency. Advanced martial artists understand that true progress comes from refining every detail while maintaining humility and respect for the martial arts.

Master’s Tip

“A higher belt does not make you better than others—it gives you a greater responsibility to help others become better.”

— Master Adam Sanders

Student Notes

Use this space to record:

- Instructor feedback.
- Areas needing improvement.
- Personal training goals.
- Questions from class.
- Progress toward Purple Belt.

Warrior’s Edge Standard

Lead with humility. Train with precision. Inspire through example.

Purple Belt

Preparing for Advanced Ranks

Belt Meaning

The Purple Belt represents wisdom, maturity, and transformation. By this stage, students have developed a solid technical foundation and are beginning to demonstrate the confidence, discipline, and leadership expected of advanced martial artists.

Purple Belt students are challenged to refine every movement while expanding their knowledge through advanced techniques, weapons training, and increased responsibility. Every class should be approached with focus, humility, and a desire for continual improvement.

Character Focus

Leadership

Leadership is demonstrated through actions, not rank.

As a Purple Belt, students should:

- Set a positive example for all students.
- Display humility and respect at all times.
- Encourage and support training partners.
- Accept responsibility for their actions.
- Strive for excellence in both martial arts and daily life.

True leaders inspire others through their example.

Promotion Requirements

To be eligible for promotion to Red Belt, students must demonstrate proficiency in the following areas.

Stances

Students must demonstrate:

- All previously learned stances.

Strikes & Combinations

Students must demonstrate all previously learned techniques plus:

- Vertical Side Kick
- Jump Spinning Hook Kick
- Wheel Roundhouse Kick
- Snap Inside-to-Outside Crescent Kick
- Snap Outside-to-Inside Crescent Kick

Hand Techniques

Students must demonstrate:

- All previously learned hand techniques.

Self-Defense

One-Step Fighting

(Adults)

Students must demonstrate:

- One-Step Fighting Techniques 1–12.

Defensive Hapkido

Students must demonstrate all previously learned techniques plus:

- One Hand Grabbing Shoulder Defenses 7–8
- Two Hands Grabbing Lapel Defenses 3–4
- Two Hands Grabbing Elbows at Mid-Sleeve from Behind 1
- Two Hands Grabbing Shoulders from Behind 1
- One Hand Grabbing Belt / Palm Down Defenses 1–2
- Hostile Handshake Defenses 1–2
- Full Nelson (Not Applied) Defenses 1–2

Drills

Students must demonstrate all previously learned drills plus:

- Advanced Moving Ridge hand
- Block, Punch, Inside Crescent
- Ridge hand with Back Kick
- 8 Motion Youn Wha (In Place)

Forms (Katas)

Students must demonstrate:

- All previously learned forms.

- **Palgue Form 8.**

Weapons

Students begin introductory weapons training with the Nunchaku.

Required skills include:

- Outward Rolls & Catch
- Inward Rolls & Catch
- Waist Rolls

Stick

- Blocking Drill

Testing Expectations

Promotion to Red Belt requires students to demonstrate:

- Technical proficiency in all required material.
- Precision and control in advanced kicking techniques.
- Confidence in One-Step Fighting and Defensive Hapkido.
- Safe and responsible for handling introductory weapons.
- Leadership through attitude, discipline, and respect.
- Consistent attendance, effort, and commitment to improvement.

Promotion recognizes readiness to enter the highest color belt ranks.

Why It Matters

Purple Belt is the final stage before entering the senior color belts. Students are expected to combine technical excellence with maturity, leadership, and responsibility.

The discipline developed at this level prepares students for the challenges of Red Belt and the journey toward Black Belt.

Master’s Tip

“The closer you get to Black Belt, the more important humility becomes. Skills may earn respect, but character earns trust. Continue to lead with integrity, train with purpose, and never stop learning.”

— Master Adam Sanders

Student Notes

Use this space to record:

- Instructor feedback.
- Areas requiring additional practice.
- Personal training goals.
- Questions from class.
- Progress toward Red Belt.

Warrior’s Edge Standard

Lead with integrity. Train with excellence. Prepare for the journey ahead.

Red Belt

The Final Steps Before Black Belt

Belt Meaning

The Red Belt symbolizes strength, determination, and responsibility. Red is a reminder that the student has reached an advanced stage of training and must exercise skill with wisdom, humility, and self-control.

At this level, students are expected to demonstrate exceptional technical ability while serving as role models for lower-ranking students. Every technique should reflect confidence, precision, discipline, and respect.

Character Focus

Self-Control

One of the greatest strengths of a martial artist is the ability to remain calm and make wise decisions.

As a Red Belt, self-control means:

- Remaining calm under pressure.
- Using good judgment.
- Respecting others at all times.
- Training with discipline and humility.
- Using martial arts only for protection and never for intimidation.

A true martial artist controls both their techniques and their emotions

Promotion Requirements

To be eligible for promotion to Brown Belt, students must demonstrate proficiency in the following areas.

Stances

Students must demonstrate:

- All previously learned stances.

Strikes & Combinations

Students must demonstrate all previously learned techniques plus:

- Advanced Exchange Roundhouse Kick
- Advanced Exchange Front Snap Kick
- Skip Inside Snap Crescent Kick
- Defensive Side Kick
- Wheel Roundhouse Kick

- Flying Side Kick
- Wheel Hook Kick
- Add Shuffle Step to Kicks

Hand Techniques

Students must demonstrate:

- All previously learned hand techniques.

Self-Defense

One-Step Fighting

(Children)

Students must demonstrate:

- One-Step Fighting Techniques 1–8.

Defensive Hapkido

Students must demonstrate all previously learned techniques plus:

- Two Hands Grab Lapel Defenses 5–6
- One Hand Grab Belt (Palm Up) Defenses 1–2
- Hostile Handshake Defenses 3–4
- Full Nelson (Fully Applied) Defenses 3–5
- Hair Grab Defenses 1–4
- Standing Side Headlock Defenses 1–4
- Bear Hug from Behind (Arms Under) Defenses 1–3

Forms (Katas)

Students must demonstrate:

- All previously learned forms.

- **Koryo.**

Weapons

Nunchaku

Students must demonstrate:

- Waist Rolls
- Ikyu Kata (#1)

Stick

Students must demonstrate:

- Patterns 1–2 (Both Hands)

Drills

Students must demonstrate:

- All previously learned drills.
- 8 Motion Youn Wha (Moving).

Testing Expectations

Promotion to Brown Belt requires students to demonstrate:

- Mastery of all required techniques.
- Precision, power, and control in advanced combinations.
- Confidence in Defensive Hapkido applications.
- Safe and responsible handling of weapons.
- Leadership, humility, and respect.
- Consistent attendance, discipline, and dedication.
- Readiness to enter the final color belt before Black Belt.

Promotion reflects both advanced technical ability and outstanding character.

Why It Matters

Red Belt is one of the final milestones before Black Belt. Students are expected to perform every technique with confidence, precision, and purpose while demonstrating the maturity expected of an advanced martial artist.

The lessons learned at Red Belt prepare students for the responsibilities and expectations of Brown Belt and, ultimately, the journey toward Black Belt.

Master’s Tip

“A Red Belt is recognized not only by technical ability, but by the discipline to remain humble, the wisdom to make good decisions, and the character to lead others by example.”

— Master Adam Sanders

Student Notes

Use this space to record:

- Instructor feedback.
- Techniques requiring additional practice.
- Personal goals.
- Questions from class.
- Progress toward Brown Belt.

Warrior’s Edge Standard

Train with discipline. Lead with humility. Prepare for Black Belt.

Brown Belt

The Threshold of Black Belt

Belt Meaning

The Brown Belt symbolizes stability, maturity, and readiness. Like the strong trunk of a tree, the Brown Belt student has developed deep roots through years of consistent training and disciplined practice.

At this level, students are expected to demonstrate a high level of technical proficiency, leadership, and character. Every technique should reflect confidence, precision, and self-control while preparing for the responsibilities of becoming a Black Belt.

Character Focus

Integrity

Integrity is doing what is right—even when no one is watching.

As a Brown Belt, students should:

- Lead by example in and out of the dojang.
- Demonstrate honesty and accountability.
- Show respect to instructors, classmates, and themselves.
- Train with discipline and humility.
- Uphold the values of Warrior’s Edge in daily life.

Integrity is the foundation of true Black Belt character.

Promotion Requirements

To be eligible for promotion to 1st Degree Black Belt, students must demonstrate proficiency in the following areas.

Stances

Students must demonstrate:

- All previously learned stances.

Strikes & Combinations

Students must demonstrate all previously learned techniques plus:

- Defensive Jump Back Kick
- Fade Side Kick
- Fade Back Kick
- Skip Inside Axe Kick
- Advanced Roundhouse Kick
- Ball of Foot Roundhouse Kick

- Front Leg Hook Kick & Roundhouse Kick

Hand Techniques

Students must demonstrate:

- All previously learned hand techniques.

Self-Defense

One-Step Fighting

(Children)

Students must demonstrate:

- One-Step Fighting Techniques 1–12.

Hiji No Tatake

(Adults)

Students must demonstrate:

- Hiji No Tatake Techniques 1–4.

Defensive Hapkido

Students must demonstrate all previously learned techniques plus:

- Hostile Handshake Defenses 5–6
- Bear Hug from Behind (Over Arms) Defenses 1–4
- Bear Hug from Front (Over Arms) Defenses 1–2
- Bear Hug from Front (Under Arms) Defenses 1–3
- Defense Against Front Kicks 1–4

Forms (Katas)

Students must demonstrate:

- All previously learned forms.

- **Bassai.**

Weapons

Students must demonstrate all previously learned weapons techniques plus:

Nunchaku

- Nikyu Kata (#2)
- Neck Rolls

Stick

- Patterns 3–4 (Both Hands)

Drills

Students must demonstrate all previously learned drills plus:

- 8 Motion Youn Wha (Spinning)
- 3 Punch Exchange Fighting

Testing Expectations

Promotion to 1st Degree Black Belt requires students to demonstrate:

- Mastery of all required techniques.
- Precision, speed, balance, and control in every movement.
- Confidence and effectiveness in self-defense applications.
- Safe and proficient use of weapons.
- Leadership through humility, discipline, and respect.
- A thorough understanding of Warrior's Edge principles.
- Consistent dedication, perseverance, and Black Belt character.

Promotion to Black Belt is not the end of training—it is the beginning of a lifelong commitment to learning.

Why It Matters

Brown Belt is the final stage before earning a Black Belt. Students are expected to combine technical excellence with leadership, maturity, and unwavering integrity.

The knowledge, habits, and character developed at this level lay the foundation for continued growth as a martial artist and future instructor.

Master's Tip

"A Black Belt is not defined by the color around their waist, but by the character they display every day. Train with purpose, lead with humility, and remember that earning your Black Belt marks the beginning—not the end—of your martial arts journey."

— Master Adam Sanders

Student Notes

Use this space to record:

- Instructor feedback.
- Areas requiring additional refinement.
- Personal goals before Black Belt testing.
- Questions from class.
- Progress toward 1st Degree Black Belt.

Warrior's Edge Standard

Lead with integrity. Train with excellence. Never stop learning.