



TAEKWONDO THEE (BELT)

The thee (belt) has been through many changes over the centuries of martial art development. Even from the first humans on earth, a thee (belt) was used to hold up the body covering. Both the do-bok (uniform) and thee (belt) were originally “everyday wear” for Koreans of centuries ago. However, in recent years, the clothes became an official training uniform. Legend has it that the original “belt” was white and the student would wear it until hard training, being worn, and sweat would eventually make it dark (black). Because of this, the thee (belt) was not just considered a symbol of rank, it was rank.

Rank is a part of everyday society. We are born into a ranking system that ranks us at the bottom and we move up through life; for example: baby, child, teen, parent, grandparent. We find the same ranking pattern in school and even in the workplace.

The thee (belt) was also used to help strengthen the abdominal region. By tying it tightly around the waist and abdomen, it would act as a support (similar to the current day weight lifter’s belt). This would also assist in keeping the body straight and properly aligned.

Over the years, the brown and black thee (belts) were added to the ranking system. However, it would sometimes take two or more years to receive a brown belt. Later, other thee (belts) were added. Grand Master added his special touch by introducing the current system which includes white, orange, yellow, camouflage, green, purple, blue, brown, red, red/black and black thee (belts).

This system was designed for added motivation by giving many short term goals to achieve and eliminating having to remain in a single color for several months at a time. Currently, Songahm Taekwondo uses a single wrap thee (belt) for color belts (double wrap is optional and is at the sah-bum-nim [instructor’s] discretion) and a double wrap thee (belt) for black belts.

Following are some basic guidelines on how to care for your Taekwondo thee (belt).

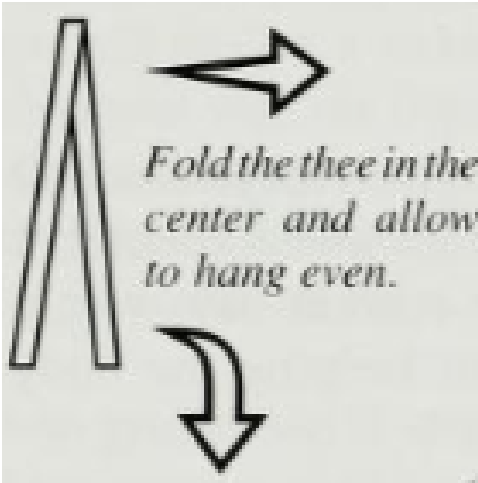
1. Never wash your belt.
2. When worn, the tips should always hang even.
3. Respect your belt (i.e., do not drag, put on floor, etc.).



Knowledge stripes are displayed on the left side of the belt.

How To Tie A Thee (Belt)

The following is a diagram for tying a thee (belt). On this page are two ways to begin. The first (following the arrow to the right) is for a “single wrap” while the second (following the arrow down) is for a “double wrap” thee (belt).



1. Place the center of the thee in the middle of the back.

2. Place the right side over the left.



1. Place the center of the thee in the middle of the stomach.

2a. Wrap the right side around the back and return to the center. Place under other strap.

2b. Wrap the left side around the back and cross over the top of other strap.



3. Wrap the left strap under the right strap.



4. Pull the left strap down.



5. Place the right strap under the end of the left strap...



6. ...continue by wrapping the right strap upwards and...



7. ...through the center of the hole. Do not allow the belt to twist.



8. Begin to pull both ends equally.



9. Complete the tying of the belt by pulling the ends hard making the knot tight. The ends of the belt should hang evenly.