

**Glenn Perry Soke**  
**(Author)**

*The **WHITE BELT** has the “HONOR” of being considered clean and pure; the mind is “full” but without knowledge in the ARTS. This “purity” is soon lost as the first exercise is performed in the dojo. The pristine WHITE color is gone forever through sweat and dust, and this special journey through the colorful spectrum begins. The SEED must be planted and properly nourished in order to develop strong roots. The journey is about to begin, the path long and rigorous with many obstacles along the way. The road is unclear and the Yellow Sun has not quite risen yet.*

*The WHITE BELT is never someone who lacks willpower or movement with purposeful intentions. The WHITE BELT will, of course try to rely on memory and bad habits, versus using a conscious system.*

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*There is no shame in being a WHITE BELT and EVERYONE in the dojo is aware of this because they are on their own journey and have stepped on this path before as well. “All start at the Bottom, Nothing is Free” (Urban) to wear the WHITE BELT is only the beginning of a personal journey that will never truly end for the serious student and the WHITE BELT should be worn with PRIDE! Yes, of course the WHITE BELT is also earned, for one who never takes a step towards the mat will always remain an INVISIBLE BELT! Chien!*

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*The **YELLOW BELT** is the new SEED in the dojo window who is looking towards the sunlight!*

*The student just starting to appreciate the basics of the system, listening to the echo of the “kiai” but remains silent in their breathing. This student sees the BEAUTY of the art but has not yet experienced the power of the technique. The YELLOW BELT is visible among the many colors of the sunrise. The Yellow SUN is on the horizon but still beyond the mountains. As with the morning’s dawn, only the beauty of the SUNRISE is seen rather than the immense power! It is more than just a colored cotton BELT.... but is this BELT ever going to become TIGHT? They continue to struggle with this answer because the ART has not become a WAY OF LIFE yet!*

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*The **Green Belt** feeling! Strong, more confident in movement, finally understanding many of the basics and getting better everyday! Not worried about the Purple Belt, I know it is there.... I am here in the NOW, training hard! And the greatest reward, my instructor smiles!*

*This student is strong, confident in movement, working hard to get beyond the basics and getting better everyday! Not worried about the Purple Belt, I know it is there.... I am here in the NOW, training hard! And the greatest reward, my instructor smiles!*

*The GREEN BELT is developing DEEP roots, the foundation is getting stronger. The Tree begins to develop strength and will soon accept the way of the "soft" and not just the "hard". The student is finding his/her place in the world (dojo). The components of the basics are taking shape and beginning to flow in unison. As the roots settle, the tree becomes stronger, sprouts GREEN leaves and will continue to GROW! It is not about the COLOR of the BELT...It is about the ART in the HEART! —*

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*The **BROWN BELT** has the tree firmly rooted in the earth! They have been training now for some time, often many years have passed and the seeds that were planted now give them the strongest BRANCHES in the dojo. Yes, the physical skill has been honed well but still lacks control, therefore, physical and mental discipline must now be achieved as one. At this point, the student has a firm grasp of the basics and developed deep roots in their dojo. BROWN is known as an "earthy" color, almost like dark or black soil rich with nutriments needed for life. The BROWN BELT is a proud, confident and always an on-guard group of serious warriors. They are passionate about training and tend to carefully guard the knowledge imparted to them by their instructor. They are a jealous bunch as feared as well! They never seem to tire of sparring their first name. The knot on the BROWN BELT is straight and TIGHT, it must be TIGHT, there is NO OTHER WAY!*

*The BROWN BELT continues to ponder the meaning of "Defeat the Self, First to Know".\* (Urban) they are getting ready; the dawn of a new day is near. The SUN is slowly rising and will break through the DARKNESS. The **BLACK BELT**....*

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*Glenn Perry (Author) Soke  
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