

**USA SPIRIT**  
**Christian Tae Kwon Do Academy**  
Bible Verse Memory Sheet

<b>Rank</b>	<b>Belt</b>	<b>Verse</b>
9 <sup>th</sup> GUP	Yellow Stripe	<b>1 Corinthians 3:11</b> For no one can lay any foundation other than the one already laid, which is Christ Jesus.
8 <sup>th</sup> GUP	Yellow	<b>Philippians 2:13</b> For it is God who works in you to will and to act according to his good purpose.
7 <sup>th</sup> GUP	Green Stripe	<b>2 Thessalonians 3:5</b> May the Lord direct your hearts into God's love and Christ's perseverance.
6 <sup>th</sup> GUP	Green	<b>Ephesians 6:10</b> Be strong in the Lord and in his mighty power.
5 <sup>th</sup> GUP	Blue Stripe	<b>2 Timothy 1:7</b> For God did not give us a spirit of timidity, but a spirit of power, of love, and of self-discipline.
4 <sup>th</sup> GUP	Blue	<b>1 Peter 2:9</b> But you are a chosen people, a royal priesthood, a hold nation, a people belonging to God, that you may declare the praises of him who called you out of darkness into his wonderful light.
3 <sup>rd</sup> GUP	Red Stripe	<b>Hebrews 12:2</b> Let us fix our eyes on Jesus, the author and perfecter of our faith.
2 <sup>nd</sup> GUP	Red	<b>Jeremiah 29:11</b> For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.
1 <sup>st</sup> GUP	Black Stripe	<b>Proverbs 3:5-6</b> Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge him, and he will make your paths straight.

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1 <sup>st</sup> DAN	Black Belt	<b>1 Corinthians 9:24-27</b> Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified from the prize.
2 <sup>nd</sup> DAN	2 <sup>nd</sup> Degree Black Belt	<b>Ephesians 3:20-21</b> Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen.
3 <sup>rd</sup> DAN	3 <sup>rd</sup> Degree Black Belt	<b>Psalms 23</b> The <b>Lord</b> is my shepherd; I shall not be in want. He makes me to lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the <b>LORD</b> forever.
4 <sup>th</sup> DAN	4 <sup>th</sup> Degree Black Belt	Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And in the Spirit on all occasions with all kinds of prayers and requests. With the in mind, be alert and always keep on praying for all the saints.