

BLUE HIGH BELT (JOONG-GUN) LINKS...

Joong-Gun is the Blue High Belt pattern you need to test up.

TECHNIQUES: Practice 1st - <https://www.youtube.com/watch?v=aOI-8fglPgo>

PATTERN: With instruction -

<https://www.youtube.com/watch?v=QZHpw8Toaws&list=PLF48C4DF9175DA127>

Regular Speed - <https://www.youtube.com/watch?v=JSHV03k5uVw>

TERMINOLOGY: Do your best. You can memorize. Numbers, aims & pledge will be asked every test. The definition changes with each new belt. 8.5x11 Printable. Other links audio.

PRINT Terminology 8.5x11 in color - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2023-04_TERMINOLOGY_ChosStudySheet.pdf?ver=1781635565058

Definition of Joong-Gun - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/6_Joong-Gun%20Saying.mp3?ver=1750877246224

Numbers 1-10 in Korean - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/Numbers%20In%20Korean.mp3?ver=1771885550839>

Espanol: Numeros en Coreano – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espanol%20a%20Coreano_1-10.MP3?ver=1771885550839

Aims to Achieve – <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1750877246224>

Pledge - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1750877246224>

KICKING COMBINATIONS: These videos are helpful for students of all ages.

1) Roundhouse Kick-Side Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=DfDjM7Bsalo>

2) Roundhouse Kick-Turn RH Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=W1W0JXxBHv4>

3) RH-Jump RH Kick-Reverse Punch Combination: <https://youtu.be/edSJ2v-0gLU>

***And more Kick Combinations.... Come to class & learn more.

ONE STEP SPARRING (1-5): Begin learning these self-defense techniques. It will take younger students much longer to learn (no worries). https://www.youtube.com/watch?v=frNkJ5xi_Ps

ONE STEP SPARRING (6-10): Keep practicing 1-5 & learn more self-defense techniques (however long it takes).

<https://www.youtube.com/watch?v=-gTcgSxzPAC>

There are more One Step Sparring & Self-Defense techniques to learn as you are ready.

IMPORTANT BASICS TO PRACTICE ALWAYS:

These are videos that can be watched at any time to improve learning.

HOW TO TIE A BELT:

<https://www.youtube.com/watch?v=ue28L9AfD-U&list=PLF48C4DF9175DA127&index=20>

BASICS STANCES REVIEWED : https://www.youtube.com/watch?v=2n_lyCKFh6o

BASICS KICKING FOOT PLACEMENT: <https://www.youtube.com/watch?v=99Urbx2kK0A>

BASICS CHAMBERING FOR STRENGTH AND POWER:

<https://www.youtube.com/watch?v=SojeanPNQyE&list=PLF48C4DF9175DA127&index=4>

BASICS SIDE KICK & BACK TURNING KICK

<https://www.youtube.com/watch?v=LkRdk4Y2N4c>

REVIEW ROUNDHOUSE KICKS:

<https://www.youtube.com/watch?v=oyBbPsZTsRQ&list=PLF48C4DF9175DA127&index=4>

BASICS SPARRING TECHNIQUES:

<https://www.youtube.com/watch?v=Cgut8zwn3hc&list=PLF48C4DF9175DA127&index=13>

Bonus on Next Page - Blue High Belt Poster

Blue High Belt Basics

STANCES

HIGH LEVEL OF DIFFICULTY FOR BLUE HIGH BELT BECAUSE OF MANY SHIFTING STANCES. TAKING MANY ½ SIDE STEPS TO SWITCH STANCES, INSTEAD OF TAKING A REGULAR FULL STEP.



KICKS

PRACTICE ALL KNOWN KICKS. CONCENTRATE ON...

*FRONT LEG FRONT SNAP *BACK LEG SIDE KICK

STRIKES/BLOCKS

PRACTICE ALL. CONTINUE PRACTICING PROPER TECHNIQUE & CHAMBERING.
MANY NEW TO ADD...

*RIDGEHAND STRIKE *UPWARD PALM BLOCK*UPWARD ELBOW
*TWIN UPSET PUNCH * HOOK PUNCH *POLE PUSHING BLOCK
*ALTERNATING PALM BLOCK

KICKING COMBINATIONS

PRACTICE ALL KNOWN. HIGH-LEVEL COMBOS AS CLASS ALLOWS.

1 STEP SPARRING

*CONTINUE 1 – 10. MORE IF CLASS ALLOWS. (30 IN ALL.)

TERMINOLOGY

*1 - 10 (IN KOREAN) *AIMS TO ACHIEVE *TKD PLEDGE *DEFINITION OF
JOONG-GUN (BLUE HIGHBELT)

ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.