



## 3rd KUB - H. BLUE BELT

**Form:** Taekeuk Yuk Jang

**Rolling & Falling:** Step 2

**Breaking:** Jump Side Kick

**TERMS (Children 12 & under pick two 13 and older three)**

### **Student Credo**

We the students of this academy...

1. Abide within the absolute spirit of the martial arts through stringent training of the mind and body.
2. Stand solidly united within a common bond of disciplined fellowship.
3. Highly respect the rules of this academy and obey our instructors commands so that we may bring only honor upon our academy and no dishonor upon ourselves.

### **Why we practice basics...**

Because they build a necessary foundation for achieving good results within all areas of Tae Kwon Do. They develop strength, coordination, and agility and the skill for which later techniques are based on.

### **Why stretching exercises are necessary...**

Because flexibility, the result of stretching, promotes youthful agility and sense of physical well being. Greater flexibility allows greater speed in execution of techniques (and so more power) and a greater range of possible targets on an opponent.

### **About control in free fighting...**

Demonstrates mental discipline and physical control of oneself. It is much harder to control than to make contact. In a situation of self defense, control is very important to make opportunities work top your advantage. Control in free fighting will build self confidence, which will build a stronger mind.