



## 4th KUB - BLUE BELT

Meaning of blue belt: Signifies reaching high, the color of the sky, youth and ambition.

**Form:** Taekuk Oh Jang

**Rolling & Falling:** Step 2

**Breaking:** Jump Front Kick

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

#### Terminologies

<b>High section</b>	Sang dan	<b>Face</b>	Uhl gool
<b>Low section</b>	Ha dan	<b>Legs</b>	Da ri
<b>Middle section</b>	Joong dan	<b>Torso</b>	Momtong

**Who sewed the first American flag?** You must find the answer on your own.

**Who wrote the American national anthem?** You must find the answer on your own.

**Applications to forms...** Movements in forms are not limited to one application, and should be explored to the fullest extent. Often the “surface application,” that is to say the one we see right away, is not the best (although it still works). You should try to look deeper into the technique to see applications beyond the normal.

#### **The meaning of the Korean flag...**

The Korean flag symbolizes much of the thought, philosophy, and mysticism of the orient. The flag is Tae Kuk Ki. Depicted on the flag is a circle divided equally and in perfect balance. The circle in the center of the flag is divided into portions of red (yang) and blue (um) by a horizontal “S.” These two opposites express the dualism of the cosmos; fire and water, dark and light, active and passive, etc. There is also balance and harmony. It signifies a doctrine that man has two natures, physical, and spiritual. The trigram together represents the principle of movement and harmony. Each trigram (hanguk: gwe) represents one of the four classical elements.

<b>Trigrams</b>		<b>Elements and Meaning</b>	<b>Direction</b>
Gungwe	☰	Represents heaven and light. Heaven gives us light which makes things grow.	East
Kongwe	☷	Represents earth. The earth is the source of life.	West
Yigwe	☲	Represents fire and the sun. Fire gives us warmth and light.	South
Gahmgwe	☵	Represents water. Water has no shape or form.	North