

BLUE BELT STUDY SHEET

Each student should be training at this level for approximately 24 to 30 weeks. Please keep in mind that this is the minimum wait time.

We recommend each student to train at least 2 time per week with a maximum of 4 times a week. The Promotion Testing to achieve the next level is comprised of three parts:

- A) The Written Test
- B) The Physical Test
- C) The Technical Test

There is a fee of \$50 for this Promotion Test

- As a blue belt, it is important to keep your membership active with the school as well as with the OTFA (Original Taekwon-Do Federation of America).
- Before you test for your Red Belt, you will need to participate in another seminar as well as compete in another tournament (and this time you must perform BOTH Patterns and Sparring).

This means... if you are participating in "In-House Pattern" or "In-House Sparring" tournaments, you must now complete one of each in order to be eligible.

Also, half day seminars are not enough. Starting with Blue Belt, all seminars must be full day (5 to 6 hours long). If only ½ day seminars are available... then two seminars will be required (before Red Belt).

PHYSICAL TEST REQUIREMENTS

- 9 Minutes of Running / Jogging
- 9 Minutes of Skipping (Jump Rope)
- 40 Push ups
- 40 Sit ups
- 40 Squats
- 25 Tuck Jumps
- 25 Speed Kicks Front Kicks (each leg)
- 25 Speed Turning Kicks (each leg)
- 25 Speed Side Piercing Kicks (each leg)
- 25 Speed Reverse Hooking Kick (each leg)

FUNDAMENTAL MOVEMENTS:

Hand Movements:

Parallel Stance Middle Punch	(learned at White Belt)
Walking Stance Middle Obverse & Reverse Punch	(learned at White Belt)
Walking Stance Low Forearm Block	(learned at White Belt)
Walking Stance Low Knife-hand Block	(learned at White Belt)
Walking Stance Middle Inner Forearm Block	(learned at White Belt)
Sitting Stance Middle Punch	(learned at Yellow Stripe)
L-Stance Middle Reverse Punch	(learned at Yellow Stripe)
L-Stance Middle Inner Forearm Block	(learned at Yellow Stripe)
L-Stance Middle Forearm Guarding Block	(learned at Yellow Stripe)
L-Stance Middle Knife-hand Guarding Block	(learned at Yellow Belt)
Walking Stance High Obverse & Reverse Punch	(learned at Yellow Belt)
L-Stance Twin Forearm Block	(learned at Yellow Belt)
Walking Stance Outer Forearm Rising Block	(learned at Yellow Belt)
L-Stance Middle Knife-hand Side Strike	(learned at Yellow Belt)
Walking Stance High Outer Forearm Side Block	(learned at Green Stripe)
Walking Stance Middle Straight Fingertip Thrust	(learned at Green Stripe)
Walking Stance High Back-fist Side Strike	(learned at Green Stripe)
Walking Stance High Outer Forearm Wedging Block	(learned at Green Stripe)
L-Stance High Inward Knife-hand Strike	(learned at Green Belt)
Fixed Stance Middle Obverse Punch	(learned at Green Belt)
Walking Stance Middle Inner Forearm Circular Block	(learned at Green Belt)
Walking Stance Middle Hooking Block	(learned at Blue Stripe)
Walking Stance Middle Front Elbow Strike	(learned at Blue Stripe)
L-Stance Twin Knife-hand Block	(learned at Blue Stripe)
X-Stance High Back Fist Side Strike	(learned at Blue Stripe)
Walking Stance High Double Forearm Side Block	(learned at Blue Stripe)
L-Stance Middle Reverse Knife-hand Side Block	(new at Blue Belt)
Rear Foot Stance Palm Upward Block	(new at Blue Belt)
Walking Stance Upper Elbow Strike	(new at Blue Belt)
Walking Stance Twin Fore-Fist Vertical Punch	(new at Blue Belt)
Walking Stance Twin Fore-Fist Upset Punch	(new at Blue Belt)
Walking Stance X-Fist Rising Block	(new at Blue Belt)
Low Stance Palm Pressing Block	(new at Blue Belt)
Close Stance Angle Punch	(new at Blue Belt)
Fixed Stance U-Shape Block	(new at Blue Belt)

Types of Motions:

Continuous Motion	(learned at Yellow Belt)
Fast Motion	(learned at Green Stripe)
Connecting Motion	(learned at Blue Stripe)
Slow Motion	(learned at Blue Belt)

Foot Techniques:

Front Rising Kick	(learned at White Belt)
Outward Crescent Kick	(learned at White Belt)
Inward Crescent Kick	(learned at White Belt)
Side Rising Kick	(learned at White Belt)
Front Snap Kick	(learned at White Belt)
Downward Kick	(learned at Yellow Stripe)
Turning Kick	(learned at Yellow Stripe)
Side Piercing Kick	(learned at Yellow Stripe)
Reverse Hooking Kick	(learned at Yellow Belt)
Jumping Front Snap Kick	(learned at Yellow Belt)
Back Piercing Kick (180 Back Piercing Kick)	(learned at Green Stripe)
Jumping Turning Kick	(learned at Green Stripe)
Jumping Side Piercing Kick	(learned at Green Stripe)
180 Reverse Hooking Kick	(learned at Green Belt)
Jumping Back Piercing Kick	(learned at Green Belt)
Jumping Reverse Hooking Kick	(learned at Green Belt)
Vertical Kick	(learned at Blue Stripe)
Jumping 180 Reverse Hooking Kick	(learned at Blue Stripe)
180 Reverse Turning Kick	(new at Blue Belt)
Twisting Kick (Low, Middle & High)	(new at Blue Belt)

PATTERN REQUIREMENTS:

Patterns / Pattern Exercises:

Saju Jirugi	(Four Direction Punch – 14 movements total / white belt level)
Saju Makgi	(Four Direction Block – 16 movements total / white belt level)
Chon-Ji Tul	(Pattern Chon-Ji – 19 movements / yellow stripe level)
Dan-Gun Tul	(Pattern Dan-Gun – 21 movements / yellow belt level)
Do-San Tul	(Pattern Do-San – 24 movements / green stripe level)
Won-Hyo Tul	(Pattern Won-Hyo – 28 movements / green belt level)
Yul-Gok Tul	(Pattern Yul-Gok – 38 movements / blue stripe level)
Joong-Gun Tul	(Pattern Joong-Gun – 32 movements / blue belt level)

SPARRING REQUIREMENTS:

3-Step Sparring:

- 3-Step Sparring #1
- 3-Step Sparring #2
- 3-Step Sparring #3
- 3-Step Sparring #4
- 3-Step Sparring #5
- 3-Step Sparring #6

White Belt to Yellow Belt level

- (Attack with Middle Obverse Punch / Defend with Middle Inner Forearm Block)
- (Attack with Low Front Snap Kick / Defend with Low Forearm Block)
- (Attack with L-Stance Punch / Defend with L-Stance Inner Forearm Block)
- (Attack with L-Stance Punch / Defend with L-Stance Forearm Guarding Block)
- (Attack with Middle Turning Kick / Defend with Knife-hand Guarding Block)
- (Attack with High Obverse Punch / Defend with Outer Forearm Rising Block)

2-Step Sparring:

- 2-Step Sparring #1
- 2-Step Sparring #2
- 2-Step Sparring #3
- 2-Step Sparring #4
- 2-Step Sparring #5
- 2-Step Sparring #6

Green Stripe to Blue Stripe Level

- (Attack: Punch & Front Kick / Defend: Middle Inner Forearm & Low Forearm Blocks)
- (Attack: Punch & Turning Kick / Defend: Forearm Guarding & Knife-hand Guarding Block)
- (Attack: Turning Kick & High Punch / Defend: Knife-hand guarding block & Rising Block)
- (Attack: Front Kick & Front Grab / Defend: Low Knife-hand Block & Wedging Block)
- (Attack: Reverse Punch & Downward Kick / Defend: Hooking Block & Forearm Guarding)
- (Attack: Side Punch & Side Kick / Defend: Double Forearm Block & Downward Block)

1-Step Sparring:

- 1-Step Sparring #1
- 1-Step Sparring #2
- 1-Step Sparring #3

Blue Belt to Black Stripe level

- (Defend against an opponent attacking with middle or high punch in Walking or L-Stance)
- (Defend against an opponent attacking with low or middle front snap kick)
- (Defend against an opponent attacking with either front or back leg side piercing kick)

Sparring Drills / Sparring Exercises:

- Sparring Stance & Switch (create a comfortable sparring stance & practice switching legs quickly)
- Sparring Stance & Single Step (sparring stance & step forward & backward switching sides each time)
- Sparring Stance & Double Step (sparring stance & double step forward & backward – remain on same side)
- Sparring Stance Shift / Dodge (sparring stance & shift forward & dodge backward – remain on same side)
- 2-Punches & Front Snap Kick (combo of 2 punches -front hand & rear hand then a rear leg front snap kick)
- 2-Punches & Turning Kick (combo of 2 punches -front hand & rear hand then a rear leg turning kick)
- 2-Punches & Downward Kick (combo of 2 punches -front hand & rear hand then a rear leg downward kick)
- Offensive Side Kick Drill (moving in to attack the opponent while using front leg - side piercing kick)
- Defensive Side Kick Drill (dodge away from the opponent and countering using front leg side piercing kick)
- Back Piercing Kick Counter Drill (opponent throws turning kick – counter with a back piercing kick)
- 180° Reverse Hook Counter Drill (opponent throws turning kick – counter with a 180° Reverse Hooking kick)
- L-Shape Reverse Hook Counter Drill (opponent throws a kick – counter with L-Shape evade & a Reverse Hooking kick)
- Semi-Free Sparring (1-kick) (reaction type sparring – each player throws one kick at a time)
- Free Sparring (Sparring Gear is required... 1-on-1 sparring rounds of 1 min & 30 seconds)

SELF-DEFENSE REQUIREMENTS:

Self-Defense Requirements:

Front, Side & Back Break Falls	(all performed from a standing position)
Forward Rolls & Backward Rolls	(all performed from a standing position – finishing in a standing position)
Straight Wrist Grab Releases	(demonstrate releasing, control & counter)
Cross Wrist Grab Releases	(demonstrate releasing, control & counter)
Front Choke	(break the choke & counter)
Front Grab (Wrist Lock #1)	(opponent grabs with palm facing up)
Front Grab (Wrist Lock #2)	(opponent grabs with palm facing down or inward)
Bear Hug Release	(Opponent is hugging from behind – escape by tripping the attacker & counter)
Catching a Front Snap Kick	(Attacked by Front Snap Kick – Move to the outside and trap the leg, trip and counter)
Side Head Lock	(Opponent is putting a headlock from the side)
Catching a Turning Kick	(Opponent performs a Turning Kick – follow the direction of the kick, trap the leg)
Defend against a Haymaker	(Opponent performs a Haymaker – Move under the arm, strike the neck and trap)
Choke from behind (sleeper)	(Opponent performs a rear choke – turn head and use the arms and hips to swing The opponent around)
Front Head Lock	(Opponent is putting a headlock from the front)
Ground Choke	(Opponent is sitting on your stomach and applying a two-handed choke)

BOARD BREAKING REQUIREMENTS:

Power Breaking:

180° Back Piercing Kick	# of boards & size of board will vary**
Front Elbow Strike	# of boards & size of board will vary**

Special Breaking:

Flying Over Head Kick	8 mm board – height of boards & size of board will vary**
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*- candidates must perform both with right and left legs.

** - depending on size (height & weight) as well as physical challenges/limits, the number of boards may vary per person.

Oral Test / Written Test Questions:

All the answers to the bullet points below are on this page below as well as on the following pages!

Your written and oral testing sections are going to start getting longer and more difficult. It will be important to study in advance – not wait until the week of your next promotion grading.

- Meaning of White Belt
- Meaning of Yellow Belt
- Meaning of Green Belt
- Meaning of Blue Belt
- What is Continuous Motion
- What is Fast Motion
- What is Connecting Motion
- What is Slow Motion
- What is a "Rising Movement"
- What is a "Natural Movement"
- What is a "Downward Movement"
- What is the Theory of Power
- Name Training Secrets #1 to #6
- Meaning of Chon-Ji Tul
- Meaning of Dan-Gun Tul
- Meaning of Do-San Tul
- Meaning of Won-Hyo Tul
- Meaning of Yul-Gok Tul
- Meaning of Joong-Gun Tul
- What is the ITF
- When was the ITF Founded
- Who were the founding countries of the ITF
- What is the OTFA
- What is the point system in free sparring

What is a "Rising Movement"?

Rising motion (ie: Rising Kick, Rising Block) is when the movement travels upward and passes higher than the eye level. When you are performing Rising Block – you should stop with the inside of the arm approximately 7cm (2.5 inches) over the fore head. When you are performing a Rising Kick – the goal is to get the leg as high as possible above the eye level.

What is a "Natural Movement"?

A natural movement is performed without acceleration. An example of a natural movement is hooking block. It is performed without adding any special speed, power or tension. Basically, you remain relaxed throughout the entire movement (including the completion).

What is a "Downward Movement"?

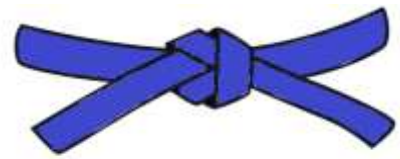
A downward movement is when the movement starts moving upwards (above the shoulders) as a backward motion and is then executed in a downward motion, stopping below the shoulders and before the navel (belly button) depending on the technique.

In the case of downward block – the movement finishes at the solar plexus level.

In the case of a downward kick – you are attacking the face (bridge of the nose) or collar bone

In the case of a downward strike – targets could vary from the face, collar bone, upper part of the spine

In the case of downward punch – you are punching low and looking down (only for this one movement)



The Blue Belt

White Belt

White symbolizes innocence as that of a beginner student who has no previous knowledge of Taekwon-Do.

Yellow Belt

Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green Belt

Green signifies the plant's growth as Taekwon-Do skills begin to develop

Blue Belt

Signifies heaven, toward which the plant matures into a towering tree as training in Taekwon-Do progresses.

What is Continuous Motion?

Continuous Motion is when two or more movements are joined continuously by the breath. There are 2-sinewave motions, 2-separate movements with 2-exhales while in a continuous motion and only 1-breath.

What is Fast Motion?

Fast motion is two movements in succession where there is no interruption in rhythm and the sinewave does not restart for the 2nd movement. The breakdown is 2-movements, 2-breaths with 1 & 2/3 Sinewave motions.

Chon-Ji Tul (19-movements)

Chon-Ji means literally "the heaven, the earth". It is in the Orient interpreted as the creation of the world or the beginning of human history, therefore is the initial pattern played by the beginner. This pattern has two similar parts, one to represent the heaven and the other, the earth.

Dan-Gun Tul (21-movements)

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Do-San Tul (24-movements)

Do-San is the pseudonym of the patriot Ahn-Chang Ho (1876 – 1938). The 24-movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Won-Hyo Tul (28-movements)

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

Yul-Gok Tul (38-movements)

Yul-Gok is the pseudonym of the famous philosopher and scholar Yi-I (1536-1584) nicknamed the "Confucious of Korea". The 38 movements refer to his birthplace on the 38 degree latitude and the diagram (±) represents scholar.

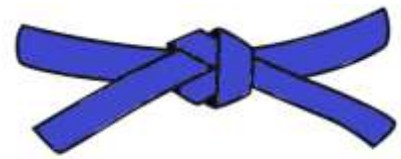
Joong-Gun Tul (32-Movements)

Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito, the first Japanese governor general of Korea, who played a leading part in the Korea-Japan Merger. The 32 movements in this pattern represent Ahn Joong Gun's age when he was executed at Lui-Shing prison in 1910.



What is Connecting Motion?

Connecting motion is two movements in succession sharing one sinewave. Usually it is a soft or natural motion followed by a normal or hard motion. The breakdown is 2-movements, 1-breaths and 1 Sinewave motion.



The Blue Belt

What is Slow Motion?

Slow motion is designed to demonstrate the control, balance and beauty of a movement. The movement should be performed in a relaxed manner gradually moving toward the completed technique – with the movement performed correctly.

The Meaning of ITF

ITF stands for International Taekwon-Do Federation which was created on March 22, 1966.

There were 9-founding countries:

Egypt, USA, Korea, Vietnam, Malaysia, Singapore, Turkey, West Germany & Italy

The Training Secrets of Taekwon-Do

Students should keep in mind the following secrets:

- 1) To study the theory of power thoroughly.
- 2) To understand the purpose and method of each movement clearly.
- 3) To bring the action of eyes, hands, feet and breath into one single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defense.
- 6) Keep both the arms and legs bent slightly while movement is in motion.
- 7) All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
- 8) To create sine wave during the movement by utilizing the knee spring.
- 9) To exhale briefly at the moment of each blow except a connecting motion.

The Theory of Power

The average person uses only 10 to 20 percent of their potential while any person, regardless of their size, age, or sex who can be trained to use 100 percent of this potential using the "Theory of Power". It is broken down into 6-elements which are:

REACTION FORCE (Opposite Motions to counter balance the body)

- Newton's 3rd Law: For every action, there is an equal and opposite reaction.
- Having both arms to travel the same distance in opposite directions (arriving both hands at the same time, which will increase the overall power in the movement).

CONCENTRATION (Mental and Physical Focus)

- The smaller the attacking/blocking tool (surface area) the greater the force (power).
- Channeling the maximum energy through the correct attacking/blocking tool.

EQUILIBRIUM / BALANCE (Creating power through proper balance)

- It is also difficult to complete a blow or take a blow when not in balance.
- There are two kinds of equilibrium (balance). Balance while in motion and balance while still.

By keeping the body always in good balance, a blow is more effective and deadly. Conversely unbalanced is easily toppled. The stance should always be stable yet flexible, for both attack & defense.

MASS (Using the weight of your body to the fullest)

- Adding mass (weight) to a movement by either coordinating a stance or using the hip increases the power in a movement greatly.

Example: Walking Stance Middle Punch - By coordinating the stance (foot), the punch (hand) together you are increasing the power with the momentum of the movement because of the body mass.

BREATH CONTROL (Using the correct breathing for effective execution)

- Breathing is important as it allows the body to function (one can't live without breathing). Every activity requires various techniques or types of breathing as it uses different levels of energy.
- By breathing sharply at the end of the blow, one reinforces tensing the muscles of the body. This makes one physically stronger to deliver a blow as well as to receive an attack.

SPEED (Using acceleration... speeding up to maximum at impact)

- To speed up (or accelerate) to obtain maximum speed as the technique reaches the target
- The technique must start from a relaxed position in order to be able to accelerate to maximum speed

Sparring Point System

1 point for any punch (to the body or head)

2 points for any kick to the body / **3 points** for any kick to the head

HOW TO PERFORM JOONG-GUN TUL

START: Close Ready Stance B

1. Move the left foot to B, forming a right L-stance toward B while executing a middle block to B with the left reverse knife-hand.

Movement Name: L-Stance Middle Reverse Knife-hand Side Block

2. Execute a low side front snap kick to B with the left foot, keeping the position of the hands as they were in 1.

Movement Name: Low Side Front Snap Kick

3. Lower the left foot to B and then move the right foot to B, forming a left rear foot stance toward B while executing an upward block with the right palm.

Movement Name: Rear Foot Stance Upward Palm Block

4. Move the right foot to A, forming a left L-stance toward A, at the same time executing a middle block to A with the right reverse knife-hand.

Movement Name: L-Stance Middle Reverse Knife-hand Side Block

5. Execute a low side front kick to A with the right foot, keeping the position of the hands as they were in 4.

Movement Name: Low Side Front Snap Kick

6. Lower the right foot to A and then move the left foot to A, forming a right rear foot stance toward A while executing an upward block with the left palm.

Movement Name: Rear Foot Stance Upward Palm Block

7. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

Movement Name: L-Stance Middle Knife-hand Guarding Block

8. Execute a right upper elbow strike while forming a left walking stance toward D, slipping the left foot to D.

Movement Name: Walking Stance Upper Elbow Strike

9. Move the right foot to D, forming a left L-stance toward D, at the same time executing a middle guarding block to D with a knife hand.

Movement Name: L-Stance Middle Knife-hand Guarding Block

10. Execute a left upper elbow strike, at the same time forming a right walking stance toward D, slipping the right foot to D.

Movement Name: Walking Stance Upper Elbow Strike

11. Move the left foot to D, forming a left walking stance toward D while executing a high vertical punch to D with a twin fist.

Movement Name: Walking Stance Twin Forefist Vertical Punch

12. Move the right foot to D, forming a right walking stance toward D while executing an upset punch to D with a twin fist.

Movement Name: Walking Stance Twin Forefist Upset Punch

13. Move the right foot on line CD, and then turn counter-clockwise to form a left walking stance toward C while executing a rising block with an X-fist.

Movement Name: Walking Stance X-Fist Rising Block

14. Move the left foot to E, forming a right L-stance toward E while executing a high side strike to E with the left back fist.

Movement Name: L-Stance High Backfist Side Strike

15. Twist the left fist counter-clockwise until the back fist faces downward, at the same time forming a left walking stance toward E, slipping the left foot to E.

Movement Name: Releasing Movement

16. Execute a high punch to E with the right fist while maintaining a left walking stance toward E.

Movement Name: Walking Stance High Reverse Punch

Perform movement #15 and #16 in a fast motion.

17. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a high side strike to F with a right back fist.

Movement Name: L-Stance High Backfist Side Strike

18. Twist the right fist clockwise until the back fist faces downward while forming right walking stance toward E, slipping right foot to F.

Movement Name: Releasing Movement

19. Execute a high punch to F with the left fist while maintaining a right walking stance toward F.

Movement Name: Walking Stance High Reverse Punch

Perform movements #18 and #19 in a fast motion.

20. Bring the right foot to the left foot and then move the left foot to C, forming a left walking stance toward C while executing a high block to C with a left double forearm.

Movement Name: Walking Stance High Double Forearm Side Block

21. Execute a middle punch to C with the left fist while forming a right L-stance toward C, pulling the left foot.

Movement Name: L-Stance Middle Reverse Punch

22. Execute a middle side piercing kick to C with the right foot.

Movement Name: Middle Side Piercing Kick (also execute with a high punch)

23. Lower the right foot to C, forming a right walking stance toward C while executing a high block to C with the right double forearm.

Movement Name: Walking Stance High Double Forearm Side Block

24. Execute a middle punch to C with the right fist while forming a left L-stance toward C, pulling the right foot.

Movement Name: L-Stance Middle Reverse Punch

25. Execute a middle side piercing kick to C with the left foot.

Movement Name: Middle Side Piercing Kick (also execute with high a punch)

26. Lower the left foot to C, forming a right L-stance toward C while executing a middle guarding block to C with the forearm.

Movement Name: L-Stance Middle Forearm Guarding Block

27. Execute a pressing block with the right palm while forming a left low stance toward D, slipping the left foot to C.

Movement Name: Low Stance Palm Pressing Block

Perform movement #27 in a slow motion.

28. Move the right foot to C, forming a left L-stance toward C while executing a middle guarding block to C with the forearm.

Movement Name: L-Stance Middle Forearm Guarding Block

29. Execute a pressing block with the left palm while forming a right low stance toward C, slipping the right foot to C.

Movement Name: Low Stance Palm Pressing Block

Perform movement #29 in a slow motion.

30. Bring the left foot to the right foot, forming a close stance toward A while executing an angle punch with the right fist.

Movement Name: Close Stance Angle Punch

Perform movement #30 in a slow motion.

31. Move the right foot to A, forming a right fixed stance toward A while executing a U-shape block to A.

Movement Name: Fixed Stance U-Shape Block

32. Bring the right foot to the left foot and then move the left foot to B, forming a left fixed stance toward B, at the same time executing a U-shape block to B.

Movement Name: Fixed Stance U-Shape Block

END: Bring the left foot back to Close Ready Stance B