

**BLUE BELT***(Testing Blue to Red)***Physical Requirements:**

- 1) KICKS
  - A) Low-high double roundhouse kick
  - B) Jumping back kick
  - C) Jumping spinning hook kick
  - D) All previous kicks
  
- 2) HAND TECHNIQUES
  - A) Downward hammer fist strike
  - B) Middle section elbow strike
  - C) Left elbow strike to right palm
  - D) Right elbow strike to left palm
  - E) All previous hand techniques
  
- 3) STANCES
  - A) Left "L" stance
  - B) Right "L" stance
  - C) Axe stance
  - D) All previous stances
  
- 4) FORM
  - A) Taegeuk Oh Jang
  - B) All previous forms (Adults Only)
  
- 5) OLYMPIC SPARRING
  - A) Attend a minimum of one sparring class per month
  
- 6) BOARD BREAKING
  - A) Back kick or Jumping back kick (Master's choice)
  
- 7) IL BO GYORUGY (1-STEP SPARRING)
  - A) Creative 1-step sparring
    - i) Five techniques, predominantly kicks
  
- 8) BALANCE
  - A) Hold side kick – punch combination for three seconds
  
- 9) FALLING
  - A) Back fall from standing up
  - B) Front fall from standing up
  
- 10) SELF-DEFENSE (ADULTS ONLY)
  - A) Single hand collar grab
    - i) With one hand on the back of the attacker's hand and the other on the attacker's wrist pull the attacker's hand flat into your chest. Keeping one hand on the attacker's wrist grab a finger and pull back hard while keeping their palm on your body to break the finger.
  
  - B) Double hand collar grab
    - i) Punch to throat.

## **BLUE BELT**

*(Testing Blue to Red)*

### **Mental Requirements:**

- 1) WHAT IS THE MEANING OF THE BLUE BELT?
  - The blue belt represents the sky and the unlimited boundaries of Taekwondo. SIR/MA'AM!
  
- 2) WHAT IS THE MEANING OF TAEGEUK OH JANG?
  - The fifth Taegeuk form signifies wind. SIR/MA'AM!
  
- 3) WHY IS IT IMPORTANT TO GET GOOD GRADES IN SCHOOL?
  - To develop good self-discipline
  - To develop good work habits
  - Provide opportunities to better my future
  
- 4) COUNT FROM 1ST TO 10TH
  - 1st: Il
  - 2nd: Yi
  - 3rd: Sam
  - 4th: Sa
  - 5th: Oh
  - 6th: Yuk
  - 7th: Chil
  - 8th: Pal
  - 9th: Goo
  - 10th: Ship
  
- 5) SUBMIT WRITTEN EXAMPLES OF HOW YOU LIVE THE TENETS OF TAEKWONDO.  
Give an example of how you live each tenet at home, at school/work, and at Taekwondo. In total, you should have 15 examples (three for each of the five tenets). This should be typed and submitted with your belt test application prior to testing.
  
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
  - Low/high double roundhouse kick – Instep (top)
  - Jumping back kick – Bottom of the heel
  - Jumping spinning hook kick – Back of the heel
  
- 7) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
  
- 8) ALL PREVIOUS MENTAL REQUIREMENTS

## Tae Geuk Oh Jang

