



## \*Blue Belt

- 1) Kicks
  - a) Jumping back kick
  - b) Jumping spinning hook kick
- 2) Stances -
  - a) Backward Cross Stance
  - b) "L" Stance both sides
- 3) Create 5 one steps using hand techniques. (Adults only - Both sides)
- 4) Strength test - 30 push ups - good form
- 5) Board Breaking - Jumping Spinning Hook Kick
- 6) Form - Taegeuk Oh Jang
- 7) Demonstrate all Self-Defense Techniques
- 8) What is the meaning of the blue belt?
  - a) The blue belt represents the sky and the unlimited boundaries of Taekwondo.
- 9) What is the meaning of Taegeuk Oh Jang?
  - a) The fifth Taegeuk form signifies wind.
- 10) Why is it important to get good grades in school?
  - a) To develop good self discipline
  - b) To develop good work habits
  - c) Provide opportunities to better my future
- 11) Count to 60 in Korean - Yesun
- 12) Written report - Give an example of how you live each tenet at home, at school and at Taekwondo class. In total, you should have 15 examples (three for each of the 5 tenets). This should be typed and submitted when you stripe test for Questions.

\*Must remember all previous Kicks, Blocks, Strikes, Stances, Self Defense and Form