

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

- 1) KICKS
  - A) Skip front leg roundhouse
  - B) Side kick-punch combination
  - C) 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) FREE 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) SELF-DEFENSE (ADULTS ONLY)

The theme for the blue belt self-defense is how to escape and counter from a head lock

  - A) Head lock from behind and to the side
    - i) Grab the attacker's arm and pull down and tuck in chin to allow for easier breathing. Step behind the attacker with the inside leg. Grab the back of the attacker's head or shirt and pull back so he/she falls over your leg
  
  - B) Head lock from behind and to the side with attacker punching
    - i) Grab the attacker's arm and pull down and tuck in chin to allow for easier breathing. Reach across the front of the attacker and stuff your hand into his/her elbow so he/she cannot punch you. Grab the punching arm from behind with your other hand. Release with the first hand and grab the attacker's choking wrist. Simultaneously step back, stand up, and pull down on the wrist. Duck under the arm and create an arm lock behind the attacker.

## 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) HOW DO YOU USE PERSEVERANCE IN THE FOLLOWING SETTINGS:
  - At home?
  - At school/work?
  - At Taekwondo?
- 5) ESSAY: Why I enjoy Taekwondo and my future Taekwondo goals  
(1 page, typed and double spaced)
- 6) ALL PREVIOUS MENTAL REQUIREMENTS

## Tae Geuk Oh Jang

