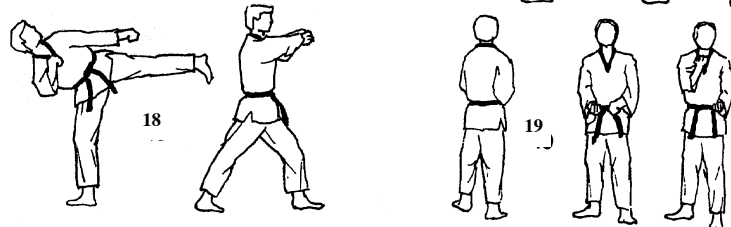
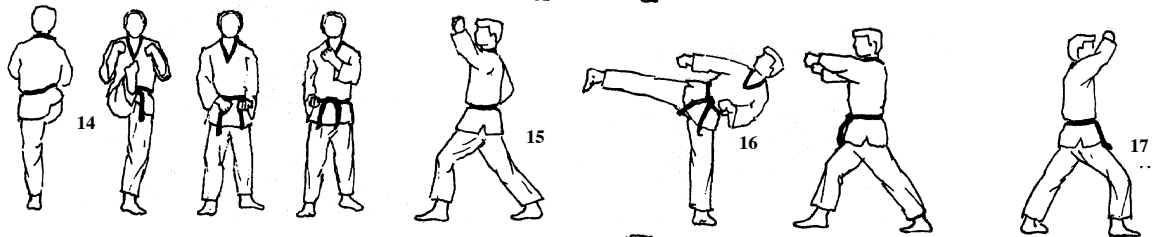
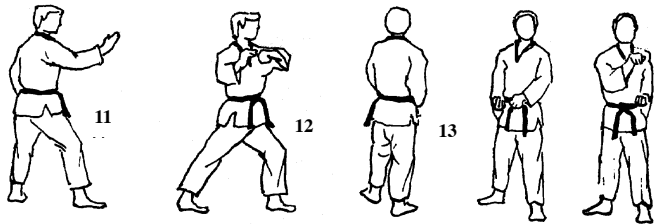
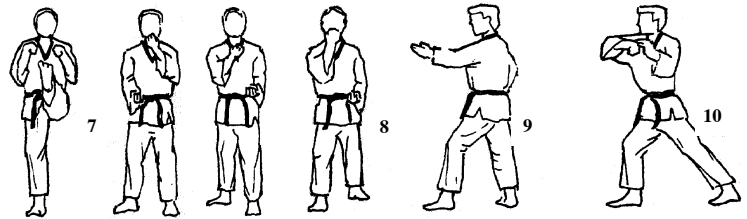
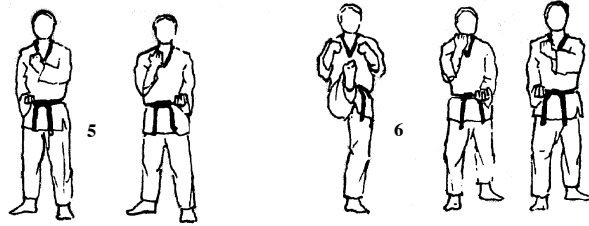
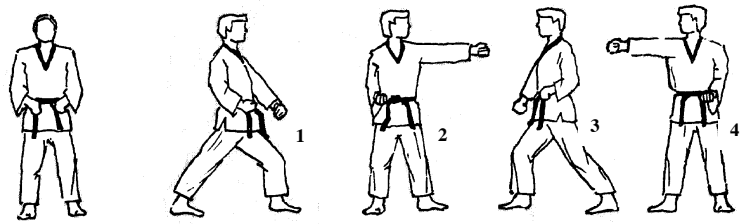
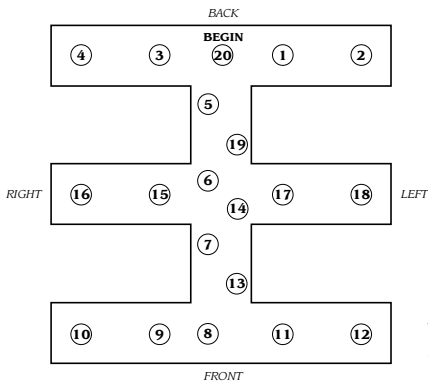


# **BELT TEST REQUIREMENTS**

## **Blue Belt**

1. FORM: “Taegeuk Oh Jang”
2. BASIC STANCES & HAND TECHNIQUES:
  - A) Stances:
    1. Left Stance
    2. Right Stance
    3. Axe Stance
  - B) Strikes:
    1. Downward Hammer Fist Strike
    2. Middle section elbow strike
    3. Left elbow to right palm
    4. Right elbow to left palm
    5. Upper section outer back fist strike
3. IL BO GYORUGY (1 STEP SPARRING)  
Create your own - Kicking Techniques ONLY – Minimum of 5 examples
4. JAIU GYORUGY (FREE SPARRING)
5. KYOPA (BOARD BREAKING): Jumping Back Kick or Back Kick
6. QUESTIONS - All information given on the white – blue question sheets

# Tae Geuk Oh Jang



## **Blue Belt Questions**

What is the meaning of the blue belt?

The blue belt represents the sky and the unlimited boundaries of Taekwondo.

What is the meaning of Taegeuk Oh Jang?

The fifth Taegeuk form – signifies the Wind

Why is it important to get good grades in school?

It will better my future and help me to succeed

Give three examples of perseverance:

1. I didn't break a board on the first try, so I kept trying until I broke it
2. I kept practicing my spelling words until I memorized them
3. I don't quit when things get hard

## **Blue Belt Self Defense Curriculum *\*\* (Adults Only)***

1. Attacker stand behind opponent, grab opponent around outside of arms and clasp hands. Grab any finger (not thumb) and pull back.
2. Attacker stand behind opponent, grab opponent around outside of arms and clasp hands (same as 1). Move right leg to hoseriding stance. Left hand hammerfist to groin.
3. Attacker stand behind opponent, reach under the armpits. While opponent is reaching, raise arms, lower body down to slither out.
4. Attacker stand behind opponent, reach over arms and clasp attacker's hands behind opponent's back. While stepping forward with right leg, raise and release right arm. Raise left arm so left hand can grab attacker's left shoulder. Step behind attacker with right foot. Grab left hand with right hand and apply downward pressure with right forearm across back.