

BLUE BELT EDUCATION GUIDE

1. BELT MEANING

-The beginning of summer.

The student demonstrates perseverance in order to learn and grow.

2. TERMINOLOGY

ENGLISH

Falling Techniques
School Gym
Uniform
Belt

KOREAN

Nak bup
Do jang
Do bawk
Di

3. What is the meaning of Tae Kwon Do?

-Tae means feet: kick or squash with your foot, developing lower body movements.

-Kwon means fist: iron hammer, block punch, or strike with the hand, developing upper body movements.

-Do means good way of life: the art of having control over mind and body.

4.

STUDENT CREED

We commit ourselves to mental and physical discipline.

To be friends with one another and to develop strength within our

group. We shall never fight to achieve selfish goals. To

develop wisdom and character are our ultimate

commitments. UNITE FOR RIGHT, SIR!

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PARK'S WORLD TAE KWON DO

217 E. PARK AVE LONG BEACH
248-25 Northern Blvd. Little Neck, 11362

TEL:(516) 432-6006
TEL:(718) 225-3030

BLUE BELT REQUIREMENTS **<Blue belt to Purple belt>**

- 1. BASIC STANCES**
- 2. TEN BASIC MOTIONS**
- 3. FORWARD HANDS TECHNIQUE**
- 4. TEN STEP**
- 5. FORWARD KICKING COMBINATION**
- 6. FALLING TECHNIQUE (NAK BUP)**
- 7. SELF-DEFENSE**
- 8. FORM**
- 9. BREAKING**
- 10. STUDENT CREED**
- 11. SPARRING**
- 12. TERMINOLOGY TEST – Please flip over**
- 13. PROMOTION QUALIFICATION**
 - 1) 2 – 2 ½ months & up to 12 classes**
 - 2) Instructor's approval**
- 14. ALL EQUIPMENTS**

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