



## **BLUE BELT**

**I. POOMSE (Forms): Taeguek 5 – Tae Guek Oh Jang**

**II. PHILOSOPHY:**

**1. What are the three basic points to remember in Tae Kwon Do?**

- Tae Kwon Do's three basic points are:
  1. Eye Focus
  2. Good Balance
  3. Loud, strong Ki-Yup. SIR!

**2. What are the five points to remember when doing Forms?**

- The Five points to remember when doing forms are:
  1. Both hand twists together – One hand twists out while at the same time the other hand twists in.
  2. Both hands pull together – the two hands pull together at the same time.
  3. Straight line – Your hand should move in a straight line towards your target.
  4. Waist power- Each block or punch should be delivered using waist power.
  5. Use accurate distance and angle with explosive impact power. SIR!

**3. You must know the following terms in Korean.**

- |                 |                            |
|-----------------|----------------------------|
| • Bow to Master | -Sa-Bum-Nim-Gae-Kyoung-Nae |
| • Face Block    | - Ul-Gul-Makki             |
| • Middle Block  | - Mome-tong-Makki          |
| • Side Kick     | - Yop-Cha-Gi               |

**III. BREAKING:**

**1. Knife hand strike & Step side Kick**