



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.

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|-----------------|----------------------------|
| • 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