

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

- 1) ATTENDANCE
  - A) Minimum of 40 classes
  - B) Attend a minimum of one sparring class per month
  
- 2) HAND TECHNIQUES
  - A) Hammer fist strike
  - B) Middle section elbow strike
  - C) Left elbow strike to right palm
  - D) Right elbow strike to left palm
  - E) Palm Strike
  - F) Reverse Single Middle Knife Hand Block
  - G) All previous hand techniques
  
- 3) KICKS
  - A) Low-high double roundhouse kick
  - B) Jumping back kick
  - C) Jumping spinning hook kick
  - D) All previous kicks
  
- 4) KICKING SEQUENCES
  - A) Roundhouse kick, axe kick, jumping back kick
  - B) Roundhouse kick, low-high double roundhouse kick
  - C) Roundhouse kick, butterfly kick, spinning hook kick
  
- 5) STANCES
  - A) Left "L" stance
  - B) Right "L" stance
  - C) "X" stance
  - D) All previous stances
  
- 6) FORM
  - A) Taegeuk Oh Jang
  - B) All previous forms (Adults Only)
  
- 7) IL BO GYORUGY (1-STEP SPARRING)
  - A) Number 1
    - i) Step to your right with the right foot/left hand reverse single middle knife hand block/right hand middle punch/left hand low punch/right hand high punch
  - B) Number 2
    - i) Step to the left with the right foot/right hand inside middle block/right elbow to ribs/right hand back fist strike to the face
  - C) Number 3
    - i) Step to your right with the right foot/left hand reverse single middle knife hand block/ right hand palm strike to the nose
  
- 8) OLYMPIC SPARRING

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### Physical Requirements Continued:

- 9) FALLING
  - A) Back fall from a squat
  - B) Front fall from knees
  
- 10) SELF-DEFENSE
  - A) Single hand collar grab
    - i) With one hand on the back of the attacker's hand and the other on the attacker's wrist pull the attacker's hand flat into your chest. Keeping one hand on the attacker's wrist grab a finger and pull back hard while keeping their palm on your body to break the finger.
  
  - B) Double hand collar grab
    - i) Punch to the throat.
  
  - C) All previous self defense techniques
  
- 11) BOARD BREAKING
  - A) Back kick or Jumping back kick (Master's choice)
  
- 12) BALANCE
  - A) Hold side kick - punch combination for three seconds

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### **Mental Requirements:**

- 1) **SUBMIT WRITTEN EXAMPLES OF HOW YOU LIVE THE TENETS OF TAEKWONDO.**  
Give an example of how you live each tenet at home, at school/work, and at Taekwondo. In total, you should have 15 examples (three for each of the five tenets). This should be typed and submitted with your belt test application prior to testing.
- 2) **WHAT IS THE MEANING OF THE BLUE BELT?**
  - The blue belt represents the sky and the unlimited boundaries of Taekwondo. SIR/MA'AM!
- 3) **WHAT IS THE MEANING OF TAEGEUK OH JANG?**
  - The fifth Taegeuk form signifies wind. SIR/MA'AM!
- 4) **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
- 5) **COUNT FROM 1ST TO 10TH**
  - 1st: Il
  - 2nd: Yi
  - 3rd: Sam
  - 4th: Sa
  - 5th: Oh
  - 6th: Yuk
  - 7th: Chil
  - 8th: Pal
  - 9th: Goo
  - 10th: Ship
- 6) **KOREAN TERMINOLOGY**
  - Low/high double roundhouse kick - Dulebon Pique Dolio Chaggie
  - Jumping back kick - Timio Ti Chaggie
  - Jumping spinning hook kick - Timio Ti Dolio Chaggie
- 7) **KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK**
  - Low/high double roundhouse kick - Instep (top)
  - Jumping back kick - Bottom of the heel
  - Jumping spinning hook kick - Back of the heel
- 8) **BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)**
- 9) **ALL PREVIOUS MENTAL REQUIREMENTS**

**Taegeuk Oh Jang**

