

Requirements for Blue Belt test

Terminology & Questions

ILBO DAERYUN – one step sparring

JOOCHOOM SEOGI JEERUGEE – horseback riding stance punch

JUNJEEN – step forward

FOOJEEN – step backward

31 – 40: sorhun hana, sorhun dool, sorhun set, sorhun net, sorhun dauset, sorhun yauset, sorhun ilgop, sorhun yadaull, sorhun ahop, marhun

Why is stretching important and necessary for Tae Kwon Do?

Stretching exercises are necessary because flexibility, the result of stretching, promotes youthful agility and a sense of well being. In Tae Kwon Do, flexibility allows greater speed in execution of techniques and a greater range of possible targets on an opponent.

Required kicks/punches/blocks/strikes

- 1) Roundhouse kick, walking back hook kick (same leg)
- 2) Roundhouse kick, skip ax kick (same leg)
- 3) Back kick, back hook kick
- 4) Horseback riding stance and any combination of two techniques (neck chop, elbow, back fist, or down block)

Required form – “Taegeuk Sa Jang”

- 1) Joonbee
- 2) Turn left 90 degrees – back stance – double knife hand block
- 3) Step to front stance - left hand down palm block – spear finger with right hand
- 4) Turn right 180 degrees – back stance – double knife hand block
- 5) Step into front stance – right hand down palm block – left hand spear finger
- 6) Turn left 90 degrees – front stance – left hand high block (open hand) while doing right hand neck chop
- 7) Right front snap kick – front stance – left middle punch
- 8) Left side kick to back stance – right side kick to back stance – double knife hand block – KIYUP!
- 9) Turn left 270 degrees – back stance – left reverse inner wrist
- 10) Right front snap kick – return right foot back to back stance (same stance as before kick) – right inner wrist block
- 11) Turn right 180 degrees – back stance – right reverse inner wrist block
- 12) Left front snap kick – return left foot to back stance (same stance as before kick) – left inner wrist block
- 13) Turn left 90 degrees – front stance – left hand high block (open hand) while doing right hand neck chop
- 14) Right front snap kick – step to forward stance – right back fist

- 15) Pick up left foot – turn 90 degrees to left – walking stance – left inner wrist block – right middle punch
- 16) Turn right 180 degrees – walking stance – right inner wrist block – left middle punch
- 17) Turn left 90 degrees – front stance – left inner wrist block – right middle punch – left middle punch
- 18) Step to front stance – right inner wrist block – left middle punch – right middle punch – KIYUP!
- 19) Turn to left 180 degrees – Baro!

Required One Step Sparring techniques

1 - Left hand inside block while stepping forward with left leg

Step forward with right leg

Right elbow strike to solar plexus

Right elbow strike to ribs under opponent's right arm

Grab shoulder underneath arm with right hand

Sweep opponent's right leg with right leg

Right hand punch to head

2 - Left hand outside block while stepping forward with right leg

Right hand single middle punch

Grab hand with left hand stepping back with right foot and twist it so opponent hunches over

Right leg kick to stomach

Right hand neck chop to back of neck

Required breaks

13 years and up

Soodo/Ax Kick

12 years and younger

Soodo/Side Kick