



Blue Belt Homework

Blue belts interested in testing to Blue Senior must know the following, as well as previous items:

Meaning:

Blue, Sky: As plants grow, they reach towards the sky, signifying the growing knowledge.

Rank: 6th Gup*

Vocabulary:

“Gau-deu-raw-Adae-Makki” - Dobule Fist Low Block

“Gau-deu-raw-Mum-Tong-Makki” - Double Fist Middle Block

“Ba-Ruen-Bar-Dol-yaw-chugi” - Fast (roundhouse) kick

Form:

TAEGUEK E Jang

Self-Defense:

All Self Defense that the student has learned in class, minimum is Number 3, starting from a Left guarding stance.

Board-Breaking:

Right Leg Back Kick

Strength:

20 Pushups, 40 Squats

COST \$115

BELT TESTING DATE: _____ PARENT SIGNATURE: _____

*Applies for competition only. Blues are still ahead of Green Seniors in the school.