



Blue Senior Homework

Blue seniors interested in testing to Purple belt must know the following, as well as previous items:

Rank: 5th Gup

Vocabulary:

- “Sun-Bae-Nim” - Senior Student
- “Sah-Buh-Nim” - Master/Instructor
- “Kwa-Jah-Nim” - Grand Master
- “Whoah-Bay” - Junior
- “Don” - Black Belt Rank (As Gup is the rank for color belts)
- “Il” - First
- “E” - Second
- “Sahm” - Third
- “Sah” - Fourth
- “Oh” - Fifth
- “Yuk” - Sixth
- “Chil” - Seventh
- “Pul” - Eighth
- “Coo” - Ninth
- “Sheep” - Tenth

Form:

TAEGUEK Sahm Jang

Self-Defense:

All Self Defense that the student has learned in class, minimum is Number 4, starting from a Right guarding stance.

Board-Breaking:

Left Leg Back Kick

Strength:

20 Pushups, 50 Squats

COST \$125

BELT TESTING DATE: _____ PARENT SIGNATURE: _____