



REQUIREMENTS TO TEST FOR A BLUE BELT

Curriculum

STANCES	HAND	FOOT	SELF DEFENSE	POOMSAE (FORMS)
REVERSE CROSS OVER	UPPER CUT MIDDLE	NARA BANG	HALF MOUNTAIN	TAEGEUK SAH JANG
REVERSE LONG	UPPER CUT FACE	BACK HOOK KICK	SCISSOR	
			FULL MOUNTAIN	

Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p>Q. Why do we take belt tests? A. Grow knowledge and gain confidence when performing under pressure, Sir/Mame!</p> <p>Q. What does Courage mean? A. No fear, Sir/Mame!</p> <p>3 Types of Concentration</p> <p>Terminology: (english - korean) Attention - Char Ee Yut Bow - Kyung Nae Ready Stance - Joon Bee Return - Bar Ro Punching Stance - Joo Joom Sugi Joon Bee Kicking Stance - Pa Chugi Joon Bee</p>	<p>Q. Why do we take belt tests? A. Grow our knowledge and gain confidence when performing under pressure, Sir/Mame!</p> <p>Q. What does the Green belt mean? A. Green belt represents a plant where the student begins to grow in Taekwondo, Sir/Mame!</p> <p>7 Home Rules for Children</p> <p>Terminology: (english - korean) Master Instructor - Sa Bum Nim Instructor - Kyo Sum Nim How are you? - Ahn Yong Ha Shim Nee Ka Thank you - Kahm Sam Nee Da</p>	<p>Q. What makes power? A. Power is made by weight, speed, relaxation, concentration, and confidence, Sir/Mame!</p> <p>Q. Why is stretching important? A. To warm up our muscles, prevent injury, and increase flexibility, Sir/Mame!</p> <p>Q. What does the Green belt mean? A. A. Green belt represents a plant where the student begins to grow in Taekwondo, Sir/Mame!</p> <p>Student Oath</p> <p>Terminology: (english - korean) Bow to the flags - Kuki Ee De Hayo, Kyung Nae Bow to Master Instructor - Sa Bum Nim Kay Kyung Nae Bow to Instructor - Kyo Sum Nim Kay Kyung Nae Thank you Master Instructor - Kahm Sam Nee Da Sa Bum Nim Thank you Instructor - KahmSam Nee Da Kyo Sum Him</p>