



# REQUIREMENTS TO TEST FOR A SENIOR BLUE BELT

## Curriculum

ADVANCE KICKS	ADVANCE SELF DEFENSE	ONE STEP SPARRING
- Jump Axe - Jump Front Snap	- Hapkido roll - Front break fall - Back break fall - Right side break fall - Left side break fall	1. Long stance high block, reverse face punch, kiyap! 2. Long stance out/in block, reverse face punch, kiyap! 3. Long stance open hand high block w/ knife hand, grab wrist and pull, reverse knife, kiyap!
POOMSAE (forms)		
TAEGEUK OH JANG		

## Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p><b>Q. Why is stretching important?</b> A. To warm up our muscles, prevent injury, and increase flexibility, Sir/Mame!</p> <p><b>Q. What does Self-Control mean?</b> A. In charge of myself, Sir/Mame!</p> <p><b>3 Types of Concentration</b></p>	<p><b>Q. What is a Good student?</b> A. Student has the desire to learn and to achieve goals, Sir/Mame!</p> <p><b>Q. What is an Outstanding student?</b> A. Student not only learns techniques but accepts hard work and sweat, realizing results come from practice, Sir/Mame!</p> <p><b>Q. What is an Excellent student?</b> A. Student never gives up learning it becomes second nature, both in technique and attitude, Sir/Mame!</p> <p><b>7 Home Rules for Children</b></p>	<p><b>Q. What is the bow?</b> A. A form of greeting and respect, Sir/Mame!</p> <p><b>Q. Why is breaking techniques important?</b> A. Develop power, accuracy, concentration, and test the effectiveness of our techniques, Sir/Mame!</p> <p><b>Q. How do you Kiyap?</b> A. Yell from the lower part of your stomach in short, sharp, and loud spirit, Sir/Mame!</p> <p><b>Student Oath</b></p>