

Blue (4th Kub)

Review all High Green Belt requirements

Safety Gear Week

Sparring

Theory: Types of combination techniques in strategic concept

1. Crashing and chasing pattern; traveling distance is the key
2. To deliver multiple strikes to the opponents, including forward, stationary, and even backward

Practical: Friendly contact with full safety gear

Drill

Combination: Roundhouse or Fast kick +/ & 180 degree Tornado roundhouse kick

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Hammer fist, Elbow strike, Double inside block, Jump-dashing back fist

Kicks:

- 180 degree tornado roundhouse kick
- Jump side kick
- Jump front kick
- Crescent kick

Form

Tae Geuk Oh Jhang

Testing Requirements

Sparring

Full safety gear
Friendly contact
Combination

Form

Tae Geuk Oh
Jhang

Self Defense

1-6 techniques

Breaking

Jump Front kick

Knowledge

Student Credo
Basics and Forms
One Steps /
Promise Sparring
Stretching
Exercises
Significance of
Tae Geuk
Oh Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques

Self-Defense

- Falling techniques (Front fall, Side fall, Back fall)
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Jump front kick
- Practice how to hold a target

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ ***To test: Your tuition payment must be on time.***

Blue Belt (4th Kub) Study Guide

Student Credo

(memorize)

"We the students of this academy will...

1. Abide within the absolute spirit of the Martial Arts through stringent training of mind and body.
2. Stand solidly united in a common bond of disciplined fellowship.
3. Highly respect the rules of this academy and obey the instructor's commands
4. That we may bring only honor upon our academy and no dishonor upon ourselves."

Basics & Forms

We practice basics and forms to solidify our foundation in all areas of Tae Kwon-Do. We develop strength, coordination, agility and skill. Performing forms builds confidence and concentration.

One Steps / Promise Sparring

We practice them to develop effective precision, offensive and defensive tactics, reaction time, and control of distance.

Stretching Exercises

Flexibility is achieved with stretching exercises. Stretching promotes youthful agility and a sense of physical well-being. Flexibility results in a greater range of targets on an opponent.

Tae Geuk 5-Jhang

Represents **Wind**. It can be strong or weak. Begin this poomse like a breeze, then finish it like a strong wind. (20 pooms)