

High Blue (3rd Kub)

Review all Blue Belt requirements

Safety Gear Week

Sparring

Theory: Types of combination techniques in strategic concept

1. Trapping pattern
2. Pre set up pattern

Practical: Friendly contact with full safety gear

Drill

Combination: Turning whip kick +/& Single switch +/& Turning whip kick

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

Basics and Forms Week

Basics

Hand techniques: Reverse knife hand outside block, Palm inside block, Two hand spreading low block

Kicks: Push kick/fast or running step push kick, Jump side kick

Form

Tae Geuk Yuk Jhang

Self-Defense Week

One Step Self-Defense

1-6 (opposite side of Blue Belt)

Self-Defense

- Ho Sin Sool 10-12
- Training drills in short distance and some floor exercises

Testing Requirements
Sparring Full safety gear Friendly contact Combination
Form Tae Geuk Yuk Jhang
Self Defense 1-6 techniques Ho Sin Sool 10-12
Breaking Flying Side kick --or-- Running Step Side kick
Knowledge The Significance of Blue Belt The Five Tenets of Tae Kwon-Do Basic Principle of Um & Yang Significance of Tae Geuk Yuk Jhang

Knowledge and Power Training Week

Breaking

- Choice of Flying side kick or Running step side 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.*

High Blue Belt (3rd Kub) Study Guide

The Significance of Blue Belt

A blue belt signifies the color of the sky, reaching high, youth and ambition.

The Five Tenets of Tae Kwon-Do

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

Basic Principle of Um & Yang

In Tae Kwon-Do the circle of the Um & Yang symbol represents the unity of the forces in the universe. This unity is made up of two opposite but complimentary forces which we find in every object and every process. They are the forces of light and darkness, of left and right, of ebb and flow, positive and negative, male and female, matter and anti-matter, good and evil. We see them in the change of the seasons, in the movements of the tides, and in the existence of a harmonic universe.

The things that cannot exist without the other, they are the Um & Yang. Both are necessary in the universe and in our lives.

The boundary between these forces creates the harmony and balance from which everything is created. Um & Yang are symbolic of eternal change and the natural rhythms of life. The symbol for them is not static. It is kinetic and flowing. It depicts a serene cycle of constant flux.

Tae Geuk 6-Jhang

Represents **WATER**. Water always runs from top to bottom, continuously without pausing, without obstruction. Body movements should be like the flow of water. (23 pooms)