

NAME: _____

BLUE Belt Curriculum

You Must Know & Understand

Your Form: Taekguk 5 (OH JANG)

Half Part

Your Stances:

Your Kick: Back Kick low high Round Kick

*Refer to White-Green Belt

Your Breaking: Jumping Side Kick

Your Basic Hand techniques:

Sparring Roundkick, Backkick, Roundkick, Slideback Roundkick, DashBackkick

Hammer Strike

Face Block

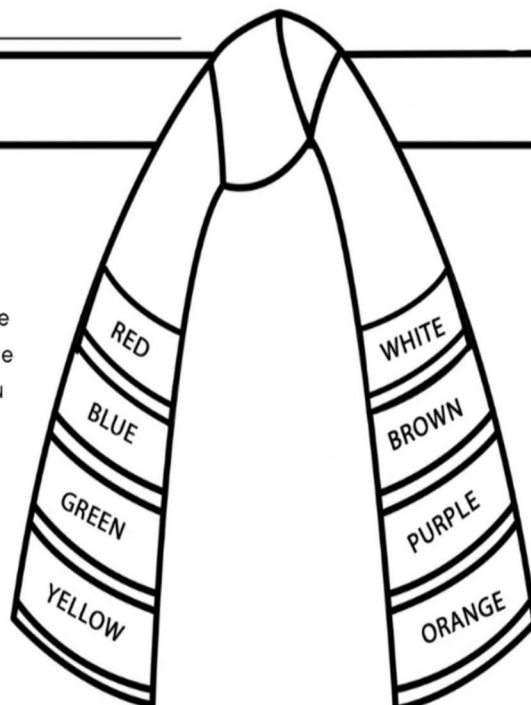
Elbow Strike

EAGLE TAEKWONDO

Name: _____

Color your belt color.
Color in your stripes when the instructor says you have earned it during class. Once all stripes are colored, you may schedule for testing.

What color is your belt now?



STRIPES CHECKLIST

- RED- FORMS
- BLUE- SPARRING
- GREEN - BREAKING
- YELLOW - KICKING
- WHITE - CHALLENGE
- BROWN- KNOWLEDGE
- PURPLE- PERFORMANCE
- ORANGE - FITNESS



QUESTIONS

MODESTY – BE PROUD OF SUCCESSFULLY COMPLETING DIFFICULT CHALLENGES, AND DO NOT LOOK DOWN UPON OTHERS AS BEING INFERIOR TO YOURSELF MA'AM/SIR!

Korean Terminology

Numbering system often used when describing person's rank or where Americans would use ordinal numbers ex: "first", "second", "third"

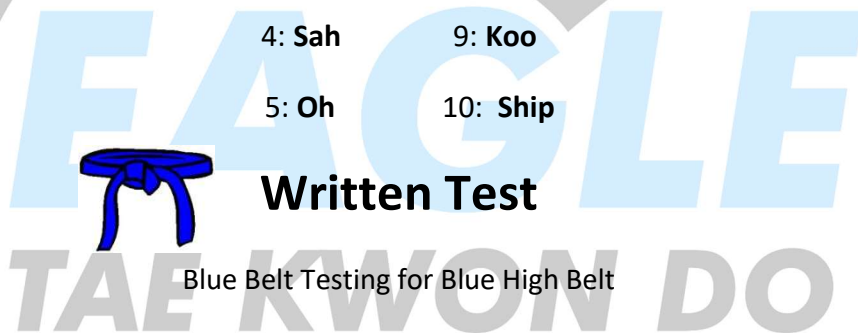
1: IL 6: Yuk

2: Ee 7: Chil

3: Sam 8: Pal

4: Sah 9: Koo

5: Oh 10: Ship



Written Test

Blue Belt Testing for Blue High Belt

What does Modesty mean?

Count 1st-10th in Korean.