

NAME: _____

H - BLUE Belt Curriculum

You Must Know & Understand

Your Form: Taekguk 5 (OH JANG)

Full Part

Your Kick: Front Kick, double Punch,
Round Kick, Back Kick

Your Breaking: Back Kick

Sparring: LB Punch, Roundkick,
Roundkick, Jumpbackkick, Roundkick

Your Stances:

*Refer to White-Green Belt

Your Basic Hand techniques:

Hammer Strike

Face Block

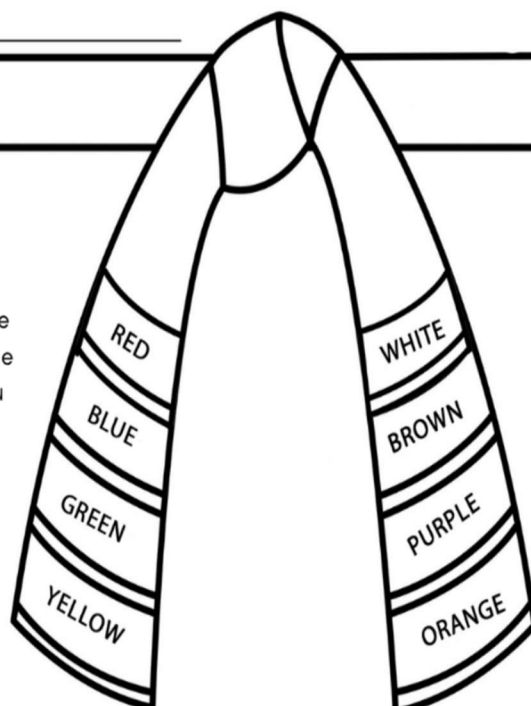
Elbow Strike

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

What is Kukkiwon?

It is the **World Taekwondo Headquarters in South Korea**. It serves as the sole registry and determination of certification for Black Belt Dan Promotion. **All of our Black Belts are certified through Kukkiwon.*

Front Kick AHP CHA GI

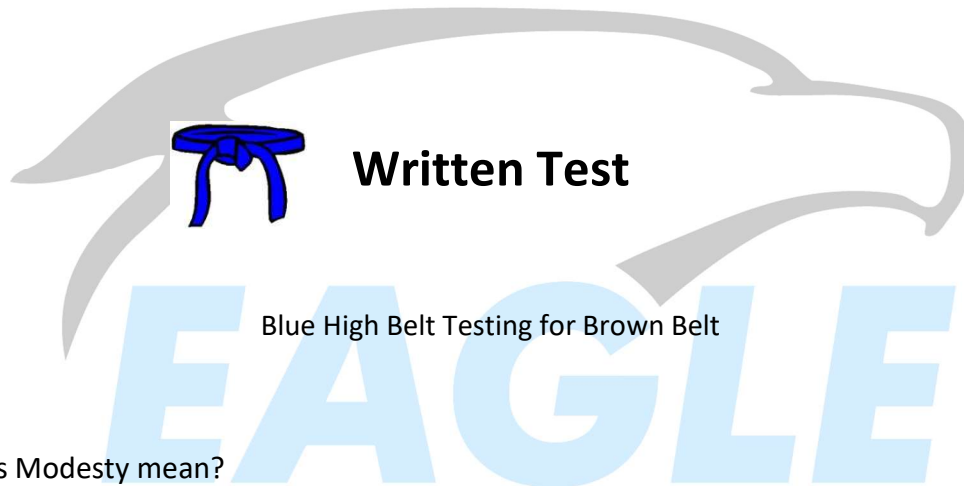
Round Kick

DOLRYO CHA GI

Side Kick YUP CHA GI

Down Kick

NAE RYEO CHA GI



What does Modesty mean?

EAGLE
TAE KWON DO

Where is Kukkiwon (Taekwondo Headquarter)?