

BLUE BELT

**Please study your Poomse and questions!
If you need extra help sign-up for Private Sessions.**

I. POOMSE: Taeguk 5- Tae guk oh jahng

This form is based on the concept of Seon, which represents Wind. Seon teaches us to use our mind and bodies in all endeavors.

II. KOREAN TERMINOLOGY: (4yrs-6yrs Line 1 only)

Line1: **Bow to Master (Sa-bum-nim-gae-kyung-nae) Turn Around (Dwi-goo-bee)**

Line 2: **Face Block (ul-goo makki) Middle block (mome-tong-makki) Side Kick (yop-chagi)**

III. PHILOSOPHY: (4-6yrs old questions 1 & 2 only)

1. What is the meaning of the Blue Belt?

Signifies the sky, youth and ambition SIR!

2. What are the 3 Basic Points to remember in Taekwondo?

1. Eye focus
2. Good balance
3. Loud strong kiyap sir!

3. Do you know why you take a test?

To further our knowledge. Through test preparation and experience we gain confidence by performing under pressure which will help us in our daily life.

4. When was Taekwondo accepted into the Olympics?

Taekwondo became an official medal event at the 2000 Sydney Olympics Game. Grandmaster Young In Cheon was the USA Team Head Coach bringing home a Gold Medal SIR!

IV. BREAKING:

1. Side Kick (heel of foot)

V. SPARRING