



## Hi-BLUE BELT

**Please study your Poomse and Questions for your Exam!**

**If you need extra help sign-up for Private Sessions.**

### **I. POOMSE:** Taeguek 5 – Tae guek Oh Jang

*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)

**Line 1: 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 only questions 1 & 2)

#### **1. What is the meaning of the Blue Belt?**

This is the color of youth, ambition, and rapid growth. The seedling is now reaching for the Blue sky SIR!

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

1. Eye focus
2. Good balance
3. Loud strong ki-yap 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. SIR!

#### **5. 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:**

Reverse Round House Kick

### **V. SPARRING:**

*Cameras and Video welcome!!!*