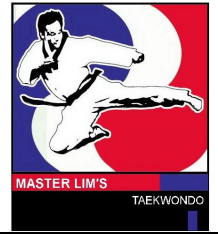


Requirements Blue to Purple Belt



BLUE BELT Meaning: The clear sky.

Student expands mental and physical skills.

CURRICULUM

- ❖ **WHITE TAPE** Ten Basic Motion

Jung, Shin, tong, Il, Han, Gook, Tae, Kwon, do, Ai Ya

- ❖ **YELLOW TAPE** kicking Combination (guarding stance)

Kick, Tornado Kick

Sparring: Switch Feet and kick

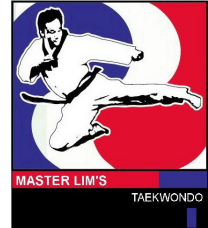
- ❖ **BLUE TAPE** Self Defense (Choke From behind/Front/side)

- ❖ **RED TAPE** Belt Meaning

Breaking: Back Kick

- ❖ **BLACK TAPE** TAE GUK FORM (Sa Jang)

Education Guide



BLUE TO PURPLE BELT

➤ Simple Korean Terminology & English Translation

<i>Korean</i>	English
Geung Ghee	Persistence
Ja Jeh	Self-Control
Jung Jick	Honesty
Pyung Hwa	Peace

What part of the foot is used for each kick?

- **FRONT & ROUNDHOUSE KICKS:** Top of the foot
- **SIDE & BACK KICKS:** Edge and heel of the foot
- **AXE KICK:** Bottom of the foot

**** SPARRING CLASS IS NOW AVAILABLE
FOR ORANGE BELT LEVEL AND UP! ****

Please see staff for information about appropriate gear.