

# BLUE BELT TAEKWON-DO REQUIREMENTS

4TH GUP (BLUE BELT) test for 3RD GUP (RED STRIPE)

Name: (Please print First and Last)	Signature:	Age:
I hereby request to be tested for a higher rank and agree that the examiner shall be the only persons who are qualified to place me on the basis of my technique, knowledge of the art and attitude.		Date of completion:

## ▶ ATTENDANCE

Attend a minimum of 64 Advanced level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 17: DATE _____	<input type="checkbox"/> 33: DATE _____	<input type="checkbox"/> 49: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 18: DATE _____	<input type="checkbox"/> 34: DATE _____	<input type="checkbox"/> 50: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 19: DATE _____	<input type="checkbox"/> 35: DATE _____	<input type="checkbox"/> 51: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 20: DATE _____	<input type="checkbox"/> 36: DATE _____	<input type="checkbox"/> 52: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 21: DATE _____	<input type="checkbox"/> 37: DATE _____	<input type="checkbox"/> 53: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 22: DATE _____	<input type="checkbox"/> 38: DATE _____	<input type="checkbox"/> 54: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 23: DATE _____	<input type="checkbox"/> 39: DATE _____	<input type="checkbox"/> 55: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 24: DATE _____	<input type="checkbox"/> 40: DATE _____	<input type="checkbox"/> 56: DATE _____
<input type="checkbox"/> 9: DATE _____	<input type="checkbox"/> 25: DATE _____	<input type="checkbox"/> 41: DATE _____	<input type="checkbox"/> 57: DATE _____
<input type="checkbox"/> 10: DATE _____	<input type="checkbox"/> 26: DATE _____	<input type="checkbox"/> 42: DATE _____	<input type="checkbox"/> 58: DATE _____
<input type="checkbox"/> 11: DATE _____	<input type="checkbox"/> 27: DATE _____	<input type="checkbox"/> 43: DATE _____	<input type="checkbox"/> 59: DATE _____
<input type="checkbox"/> 12: DATE _____	<input type="checkbox"/> 28: DATE _____	<input type="checkbox"/> 44: DATE _____	<input type="checkbox"/> 60: DATE _____
<input type="checkbox"/> 13: DATE _____	<input type="checkbox"/> 29: DATE _____	<input type="checkbox"/> 45: DATE _____	<input type="checkbox"/> 61: DATE _____
<input type="checkbox"/> 14: DATE _____	<input type="checkbox"/> 30: DATE _____	<input type="checkbox"/> 46: DATE _____	<input type="checkbox"/> 62: DATE _____
<input type="checkbox"/> 15: DATE _____	<input type="checkbox"/> 31: DATE _____	<input type="checkbox"/> 47: DATE _____	<input type="checkbox"/> 63: DATE _____
<input type="checkbox"/> 16: DATE _____	<input type="checkbox"/> 32: DATE _____	<input type="checkbox"/> 48: DATE _____	<input type="checkbox"/> 64: DATE _____

**In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power.** (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.)

## ▶ CITIZENSHIP (Social & Academic)

On going demonstration of good discipline:  
COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT

**At home, school, and public** (Including grade point average)

<input type="checkbox"/> <b>COMPLETE</b>	Parent's Name: (If the student is under the age of 18):
_____ DATE:	Parent's Signature:

**In Studio**

<input type="checkbox"/> <b>COMPLETE</b>	Examiner's Name (Print Name):
_____ DATE:	Examiner's Signature:

## ▶ STANCES

- Close ready stance type B
- Rear foot stance
- Low stance
- Closed stance

<input type="checkbox"/> <b>COMPLETE</b>  DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

## ▶ HAND TECHNIQUES

- Side block with the reverse knife-hand
- Upward block with the palm
- Upward strike with the elbow
- Vertical punch with the twin forefists
- Upset punch with the twin forefists
- Rising block with the x-fist
- Pressing block with the palm
- Angle punch with the forefist
- U-shape block with the arc-hands

<input type="checkbox"/> <b>COMPLETE</b>  DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

## ▶ CONDITIONING

- Finger Tip Push-ups (5)
- Jumping Shuffle Push-ups (10)
- Drive Bombers (10)
- One Legged Squat (1)
- Headstand Leg Extenders (1)
- Sit-up Knee up's (10)
- Pendulum (10)
- Stretching - Side & Front Splits, Feet together

<input type="checkbox"/> <b>COMPLETE</b>  DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

## ▶ KICKING

- Vertical Kick (with the footsword & reverse footsword)
- Reverse Turning Kick - toward front or side front
- Sweeping Kick (Inward & Outward)
- Mid-air 180° back piercing kick
- Triple Kicks
- Three Consecutive Kicks - same direction

<input type="checkbox"/> <b>COMPLETE</b>  DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

## ▶ BREAKING

- Children (Ages 13 and under)
- 1/2 Board Reverse Turning kick
  - 1/2 Board Mid-air 180° Back Piercing kick
- Women & Juniors (Juniors age 13 to 17)
- 1/2 Board Reverse Turning kick
  - 1 Board Mid-air 180° Back Piercing kick
- Men (Ages 18 and above)
- 1 Board Reverse Turning kick
  - 2 Board Mid-air 180° Back Piercing kick

<input type="checkbox"/> <b>COMPLETE</b>  DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

## ▶ PATTERN

- Joong-Gun

<input type="checkbox"/> <b>COMPLETE</b>  DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

# ▶ REQUIRED KNOWLEDGE

## ○ Counting to 70 in Korean:

61 - Yesun HANA      66 - Yesun YASUT  
62 - Yesun DOOL      67 - Yesun ILGOP  
63 - Yesun SET        68 - Yesun YAUDUL  
64 - Yesun NET        69 - Yesun AHAUL  
65- Yesun TASUT      70 - ILHUN

- **The Joong-Gun pattern Interpretation:** Joong-Gun is named after the patriot An Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this "pattern" to represent Mr. An's age when he was executed at Lui-Shung prison (1910).

Joong-Gun has 32 movements, and its diagram is in the shape of a "Capital I" ( 1 ).

## ○ The 10 parts of the student's responsibility with regard to the Student-Instructor Relationship:

1. Never tire of learning. A good student can learn any time, anywhere. This is the secret of knowledge.
2. A good student must be willing to sacrifice for his art and his instructor. Many students feel that their training is a commodity that is bought with monthly dues and they are unwilling to take part in demonstrations, teaching and working around the do-jang. An instructor can afford to lose this type of student.
3. Always set a good example for lower ranking students. It is only natural they will attempt to emulate their seniors.
4. Always be loyal and never criticize the instructor, the art of Taekwon-Do, or the teaching methods.
5. If an instructor teaches a technique, practice and attempt to utilize it.
6. Remember that a student's conduct outside the do-jang reflects on the art and his instructor.
7. If a student adopts a technique from another gym and the instructor disapproves it, the student must discard it immediately or train at the other gym.
8. Never be disrespectful to the instructor. Though a student is allowed to disagree, the student must follow instructions first and discuss the matter later.
9. A student must always be eager to learn and ask questions.
10. Never betray a trust.

## ○ Demonstration of Tenets:

**SELF-CONTROL** - This tenet is extremely important inside and outside the do jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

- **Characteristics of a Close Ready Stance Type B (Moa Junbi Sogi):** The Close Ready Stance is performed with both feet together and parallel. The weight is distributed evenly on both feet with the legs straight. This stance is performed full facing with the fists held 14 centimeters (6.1 inches) in front of the navel.

**Characteristics of a Rear-Foot Stance (Dwitbal Sogi):** The Rear-Foot Stance has the heel of the rear foot slightly beyond the heel of the front foot. It is 1 shoulder width long, measured from the small toes of the rear foot to the small toes of the front foot (measured from the inner foot sword of the rear foot to the big toe of the front foot). The weight is distributed mostly on the rear foot. The rear leg is bent so that the knee-cap is over the toes of the rear foot and the rear foot is pointed in about 15 degrees. The front leg is bent with the ball of the front foot slightly touching the floor and the foot pointing in about 25 degrees. This stance is named for the rear foot and is always performed half facing.

**Characteristics of a Low Stance (Nachuo Sogi):** The Low Stance is 1 shoulder width wide, measured between the center of the instep of the feet. It is 1.5 shoulder widths long, measured from the big toe of the rear foot to the heel of the front foot. The weight is distributed evenly between the feet. The back leg is straight and locked with the back foot pointed outward up to 25 degrees. The front leg is bent with the knee cap directly over the heel and the front foot pointed straight forward. The foot muscles of both feet tensed as if to pull the feet together. This stance is named for the front foot and is performed full or half facing.

<input type="checkbox"/> <b>COMPLETE</b> <hr/> DATE:	Examiner's Name (Print Name):
	Examiner's Signature: