

Blue Belt [Oh Geup]



Requirements

24 Classes Credit
Blue/Green/Black & Red Stripes
JooChoomJiRooGi
Punching Across Mat.
Slide step Kick Across Mat
Poom-Se. - Tae Geuk 2, 3, 4, 5 Jang
HanBon GyoRooKi - One Step Defense
Student Creed
Board Breaking (DolYoChaGi)

Techniques

Self-Defense - 10 Hand Grabs Shake Hand
Falling Tech (Hoi-Jeon)
5/6 Count Kick
Speed Running Kick (Ap ChaGi, Dolyo ChaGi)
Attacking Across Mat
Sparring Drills
Free Sparring
Gum Do Basic

Knowledge/Q&A

Children's Questions

Q. What is your goal at Tigers Black Belt Academy?

A. To become the best Black belt I can be.

Q. Who do you think is the best student at Tigers Black Belt Academy?

A. "I am, Sir!" Because I never give up until I accomplish my goals.

What is the meaning of Blue Belt?

Signifies the sky, youth and ambition, Sir!

Why do you use control in free sparring?

To demonstrate mental discipline, Physical control of ourselves,

To build self-confidence which indicates a strong mind, Sir!

Black Belt Philosophy

Goal Setting

POOMSE TAEGEUK SA JANG

WTF TAEKWONDO POOMSE # 4



5. LEFT SPEAR
HAND THRUST



4. RIGHT DOUBLE
KNIFE HAND BLOCK



1. READY STANCE



2. RIGHT DOUBLE KNIFE
HAND BLOCK



3. LEFT SPEAR
HAND THRUST

POOMSE TAE GEUK SA JANG

1. Ready stance
2. Turn to the left 90° by moving the left foot into right back stance, left double knife hand middle block.
3. Step forward with the right foot into right front stance, right spear hand thrust.
4. Moving the right foot, turn 180° to the right into left back stance, right double knife hand middle block.
5. Step forward with the left foot into left front stance, left spear hand thrust.
6. Moving the left foot, turn 90° to the left into left front stance, right swallow shape knife hand block and strike.



6. SWALLOW SHAPE
RIGHT KNIFE STRIKE



21A. RIGHT MIDDLE BLOCK
21B. LEFT MIDDLE PUNCH
21C. RIGHT MIDDLE PUNCH

17. Without moving the feet, right middle punch.
18. Moving the right foot, turn 180° to the right into right walking stance, right inside middle block.
19. Without moving the feet, left middle punch.
20. A. Moving the left foot, turn 90° to the left into left front stance, left inside middle block.
B. Without moving the feet, right middle punch.
C. Without moving the feet, left middle punch.
21. A. Step forward with the right foot, into right front stance, right inside middle block
B. Without moving the feet, left middle punch.
C. Without moving the feet, right middle punch. (kipap)
22. Return to ready stance by moving the left foot.



17. RIGHT MIDDLE
PUNCH



16. LEFT INSIDE
MIDDLE BLOCK



7A. RIGHT
FRONT KICK



7B. LEFT MIDDLE
PUNCH



20A. LEFT MIDDLE BLOCK
20B. RIGHT MIDDLE PUNCH
20C. LEFT MIDDLE PUNCH



18. RIGHT INSIDE
MIDDLE BLOCK



19. LEFT MIDDLE
PUNCH

7. A. Without moving the left foot, right front kick.
B. Step down into right front stance, left middle punch.
8. Pivot on the right foot, left side kick.
9. A. Pivot on the left foot, right side kick.
B. Step down into left back stance, right double knife hand block.
10. Moving the left foot, turn 270° to the left into right back stance, left outside middle block.
11. A. Without moving the left foot, right front kick.
B. Step back into right back stance, right inside middle block.



8. LEFT SIDE
KICK



15A. RIGHT FRONT KICK
15B. RIGHT BACK FIST

12. Moving the right foot, turn 180° to the right into right back stance, right outside middle block.
13. A. Without moving the right foot, left front kick.
B. Step back into left back stance, left inside middle block.
14. Moving the left foot 90° to the left into left front stance, right swallow shape knife hand block & strike.
15. A. Without moving the left foot, right front kick.
B. Step down into right front stance, right backfist.
16. Moving the left foot, turn 90° to the left into left walking stance, left inside middle block.



18. RIGHT INSIDE
MIDDLE BLOCK



11A. RIGHT
FRONT KICK



10. LEFT OUTSIDE
MIDDLE BLOCK



9B. RIGHT DOUBLE
KNIFE HAND BLOCK



14. SWALLOW SHAPE
RIGHT KNIFE STRIKE



12. RIGHT OUTSIDE
MIDDLE BLOCK



13A. LEFT
FRONT KICK



13B. LEFT INSIDE
MIDDLE BLOCK

ONE STEP TWO PUNCHING TECHNIQUES

1. Step back w/right leg (back stance), inside block w/left hand (open hand), outside block w/left hand, grab the wrist, step forward w/right leg, step back w/left leg, right forearm to elbow, break elbow.



2. Step back w/right leg (back stance), outside block w/left hand (open hand), inside block w/left hand, grab the top of hand w/left hand, support w/right hand, twist hand, front kick w/right leg, push opponent back.



3. Step back w/left leg (back stance), inside block w/right hand (open hand), outside block w/right hand, grab wrist, step forward w/left leg, going under arm, switch hands grabbing w/left hand now, break elbow w/right forearm, sweep the leg w/right leg.



4. Step back w/left leg (back stance), inside block w/right hand (open hand), outside block w/right hand, grab wrist, step forward w/left leg, Grab shoulder through armpit, turn back and take opponent down with left knee down



Black Belt Philosophy

COOPERATION

“We make a living by what we get. But we make a life by what we give.” - Winston Churchill

“Teamwork is the fuel that allows common people to attain uncommon results. “ - Vince Lombardi

“Give and take makes goodfriends. “ - Scottish Proverb

“Happiness is a by-product of helping others. “ - Denny Miller

“Everyone needs help from everyone. “ - Bertolt Brecht

“Alone we can do so little, together we can do so much. “ - Helen Keller

“Great opportunities to help others seldom come but small ones surround us every day. “ - Sally Koch

Martial Arts Perspective

Even though Tae Kwon Do is not generally practiced as a team sport, group classes help to foster a friendly family atmosphere. Several activities that occur in the classroom help to improve cooperation and teamwork, for example, when a higher-ranking student assists a lower ranking one, they both benefit. The lower belt gets to see an example of superior techniques, while the senior belt gets an opportunity to improve his or her technical understanding, confidence, leadership and teaching skills.

Another example occurs when students practice a particular requirement as a group, such as six yellow belts taking turns leading the count for each move of their form. The students learn how to act as a team, communicate effectively, and practice their public speaking.

Life Skill Perspective

The teamwork and camaraderie that Tae Kwon Do develops is very strong and beneficial. At different times you will work along with your classmates to accomplish different goals. Two students with the same belt can prepare for a promotion test together. A team of students may travel to a competition together. The entire school can work together to host a fundraiser for charity. With the help of others yi will soon believe that almost anything is possible.

Behind every big success is a team. Think of the most successful person you know, regardless of whether their field is athletics, business, or entertainment. One person may be in the spotlight, and it is tempting to believe that they are an overnight sensation who made it all on their own. However, behind the scenes there is always a team that supports the top performer and enables them to do their best. Notice that the word team can also be an acronym that stands for ...

Together Everyone Achieves More

It is important to be self confident and self-motivated. At the same time, it is also important to be humble and to acknowledge the role that others play in your success. If you have a big challenge in front of you think about how you can cooperate with others to solve it. You will certainly find that cooperating with others will allow you to achieve more in anything that you do.