

# **Sr. Blue Belt [Sah 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 (Yop HooRyo ChaGi)

## **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 reason for training at Tigers Black Belt Academy?

A. I want to become a strong and healthy person, physically and mentally.

Q. Are you a winner or loser?

A. Winner, Sir! Winners never give up until they accomplish their goals. Losers have no goals.

What are the three basic points to remember in Taekwondo?

1. Eye focus,
2. Good balance,
3. Loud, strong Ki-Hap, Sir!

Do you know why stretching exercises are necessary in Taekwondo?

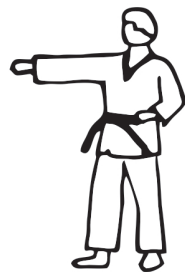
Stretching exercises are necessary because – flexibility, the result of stretching, promotes youthful agility and a sense of well being. In Taekwondo flexibility allows greater speed in execution of techniques (and so more power) and a greater range of possible targets on an opponent, Sir!

## **Black Belt Philosophy**

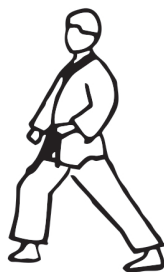
**COOPERATION**

# POOMSE TAEGEUK OH JANG

## WTF TAEKWONDO POOMSE # 5



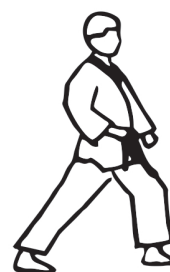
5. RIGHT DOWNWARD  
HAMMER FIST



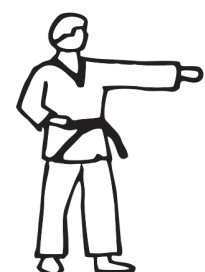
4. RIGHT LOW  
BLOCK



1. READY STANCE



2. RIGHT LOW  
BLOCK



3. LEFT DOWNWARD  
HAMMER FIST

### POOMSE TAE GEUK OH JANG

1. Ready stance.
2. Turn to the left 90° by moving the left foot into left front stance, left low block.
3. Without moving the right foot, draw the left foot into left walking stance, left downward hammer fist strike.
4. Moving the right foot, turn 180° to the right into right front stance, right low block.
5. Without moving the left foot, draw the right foot into right walking stance, right downward hammer fist strike.
6. A. Moving the left foot, turn 90° to the left into left front stance, left inside middle block.  
B. Without moving the feet, right inside middle block.



6A.

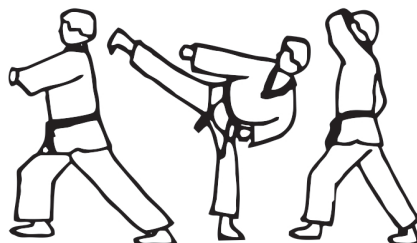


6B.



20A. RIGHT FRONT KICK  
20B. RIGHT BACK FIST

17. A. Pivot on the left foot, right side kick.  
B. Step down into right front stance, left elbow strike.
18. Moving the right foot, turn 180° to the right into right front stance, right high block.
19. A. Pivot on the right foot, left side kick.  
B. Step down into left front stance, right elbow strike.
20. A. Moving the left foot, turn 90° to the left into left front stance, left low block.  
B. Without moving the feet, right inside middle block.
21. A. Without moving the left foot, right front kick.  
B. Spring forward and land in right cross stance, right back fist. (kihap)
22. Return to ready stance by moving the left foot.



17B. LEFT ELBOW  
STRIKE



17A. RIGHT  
SIDE KICK



16. LEFT HIGH  
BLOCK



7A. RIGHT FRONT KICK



7B. RIGHT BACK FIST



7C. LEFT INSIDE MIDDLE BLOCK



20A. LEFT LOW BLOCK  
20B. RIGHT INSIDE MIDDLE BLOCK



18. RIGHT HIGH  
BLOCK



19A. LEFT  
SIDE KICK



19B. RIGHT ELBOW  
STRIKE

7. A. Without moving the left foot, right front kick.  
B. Step down into right front stance, right back fist.  
C. Without moving the feet, left inside middle block.
8. A. Without moving the right foot, left front kick.  
B. Step down into left front stance, left back fist.  
C. Without moving the feet, right inside middle block.
9. Step forward with the right foot into right front stance, right back fist.
10. Moving the left foot, turn 270° to the left into right back stance, left single knife hand block.
11. Step forward with the right foot into right front stance, right elbow strike.



8A.



8B.

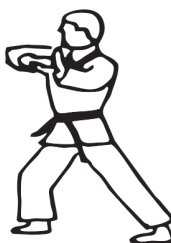


8C.



15A. RIGHT FRONT KICK  
15B. RIGHT LOW BLOCK  
15C. LEFT INSIDE MIDDLE BLOCK

12. Moving the right foot, turn 180° to the right into left back stance, right single knife hand block.
13. Step forward with the left foot into left front stance, left elbow strike.
14. A. Moving the left foot 90° to the left into left front stance, left low block.  
B. Without moving the feet, right inside middle block.
15. A. Without moving the left foot, right front kick.  
B. Step down into right front stance, right low block.  
C. Without moving the feet, left inside middle block.
16. Moving the left foot, turn 90° to the left into left front stance, left high block.



11. RIGHT ELBOW  
STRIKE



10. LEFT SINGLE  
KNIFE HAND BLOCK



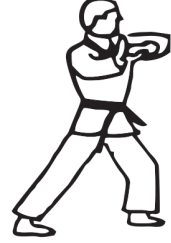
9. RIGHT  
BACK FIST



14A. LEFT LOW BLOCK  
14B. RIGHT INSIDE MIDDLE BLOCK



12. RIGHT SINGLE  
KNIFE HAND BLOCK



13. LEFT ELBOW  
STRIKE

## Side Kick Defense

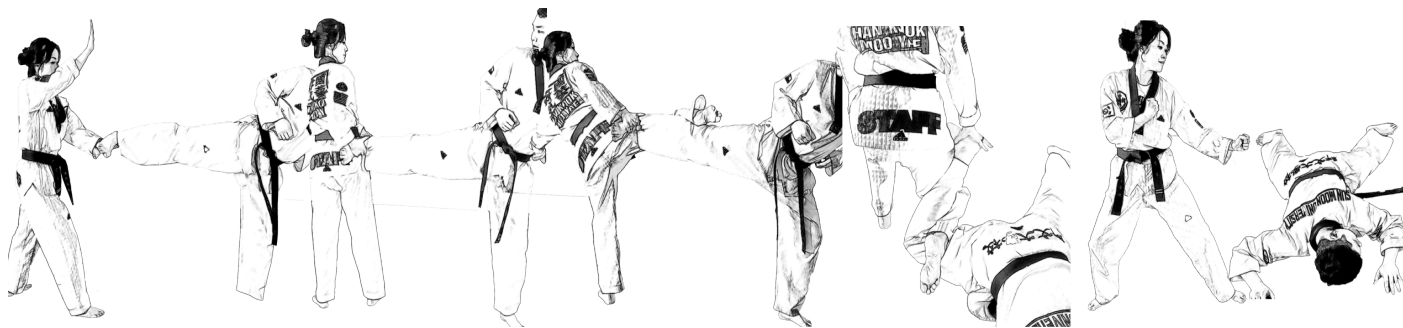
1. Right foot back (back stance) left hand palm up block, right front snap kick and bring back, Look back and left knee down, right leg sweep kick and round house kick to face.



2. Left leg out (cat stance) both hand chop down, left foot forward and right elbow to rib.



3. Left foot back (walking stance) cat foot with both hand and pull back to take down, Right foot hook kick over leg while grab opponent's foot, and kneel down and choke the knee.



4. Left foot back (walking stance) cat foot with both hand and pull back to take down, Left foot crescent kick over leg while grab opponent's foot, and put instep on to your inner thigh to take down and right foot forward, right hand grab hair left hand chop and break neck.



# ***Black Belt Philosophy***

## ***SELF CONTROL***

“The angry man will defeat himself in battle as well as in life. “ - Samurai Maxim

“Control your emotion or it will control you.” - Chinese Adage

“The only way to get the best of an argument is to avoid it. “ - anonymous

“He who loses control of his emotions gives his opponent a powerful ally. “ - anonymous

“Anger is only one letter short of danger. “ - Anonymous

“Part of the happiness of life consists not in fighting battles, but in avoiding them. A masterly retreat is in itself a victory. “ - Norman Vincent Peale

### ***Martial Arts Perspective***

Without self-control, practicing martial arts can be dangerous for both you and your training partners. Unlike the uncontrolled fighting often seen in video games and movies, true martial arts are built on **respect, courtesy, and patience**. These principles ensure that skills are used responsibly, not as a means of aggression.

As a student of **Master Shin's Taekwondo**, you are expected to demonstrate absolute self-control both in and out of class. This means mastering not only physical techniques but also emotional discipline. Self-control allows you to stay calm under pressure, think before acting, and respond to challenges with focus rather than frustration.

Developing this restraint is essential for creating a safe training environment. You must learn to manage anger and frustration, channeling negative emotions into **productive** and **healthy** outlets. Taekwondo provides a structured way to release stress through focused training, discipline, and perseverance. Over time, this control extends beyond the dojang, helping you handle life's challenges with confidence and composure.

### ***Life Skill Perspective***

Self-control isn't just about avoiding conflict it's about maintaining balance in all areas of life. It means managing your impulses and making thoughtful choices rather than acting on immediate desires.

Practicing moderation is key. Control how much you eat, socialize, work, and even exercise. Too much of anything even something positive can throw your life off balance. By developing self-discipline, you gain greater control over your emotions and actions, leading to a stronger sense of confidence and stability.

As your self-control improves, you'll notice how much easier it becomes to stay focused, make better decisions, and handle challenges with a clear mind. The discipline you build through Taekwondo will help you stay in control, not just in class, but in every aspect of life.