



BLUE-TIP TESTING FOR BLUE

PHILOSOPHY:

INTEGRITY – Being honest with yourself so that you may be honest to others. Use this knowledge to make objective decisions about your life and how you affect other people.

ETHICS:

- DO NOT QUESTION YOUR INSTRUCTOR'S TRAINING METHODS
- BE RESPECTFUL, ENTHUSIASTIC AND TRAIN DILIGENTLY
- BE A GOOD EXAMPLE FOR LOWER BELTS

TERMINOLOGY:

ENGLISH

ONE
TWO
THREE
FOUR
FIVE
SIX
SEVEN
EIGHT
NINE
TEN

KOREAN

HA-NA
DUL
SET
NET
DA-SUT
YA-SUT
IL-GOP
YA-DUL
AH-HOP
YUHL

TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- BREAKING TECHNIQUE: BACK KICK
- APPROX. 4 MONTHS OF CLASS TIME (AVERAGE 2-3 CLASSES PER WEEK)
- POOMSE (FORMS) – BASIC FORM 1 & 2, TAEGEUK 1, 2, 3, 4

YOU MUST BE ABLE TO EXECUTE THE FOLLOWING:

STANCES – CAT STANCE, TWIST STANCE

PUNCHES – JAB + REVERSE + HOOK + UPPERCUT, ELBOW STRIKES, PALM HEEL STRIKE

BLOCKING DRILLS – (LONG STANCE): LOW BLOCK, HIGH BLOCK, INSIDE-OUT BLOCK, OUTSIDE-IN BLOCK

MOTION BLOCKS – DOWN BLOCK, HIGH BLOCK, INSIDE-OUT BLOCK, OUTSIDE-IN BLOCK, DOUBLE PUNCH, KNIFE HAND BLOCK, SINGLE KNIFE HAND IN BACK STANCE, DOUBLE KNIFE HAND IN BACK STANCE, FOREARM BLOCK IN BACK STANCE, OUTSIDE-IN BLOCK IN CAT STANCE, SUDO CHOP IN FRONT STANCE, ELBOW STRIKE IN FRONT STANCE, STEP INTO A TWIST STANCE WITH BACK FIST

KICKS – FRONT STRETCH UP KICK, INSIDE-OUT KICK, OUTSIDE-IN KICK, FRONT SNAP KICK, PUSH KICK, ROUND HOUSE KICK, STEP BEHIND SIDE KICK, FAST KICK, DOUBLE KICK, STEP FORWARD SIDE KICK, CUT KICK, FRONT LEG AXE KICK, BACK LEG AXE KICK, BACK LEG DOUBLE, FRONT LEG DOUBLE, BACK KICK

FOOTWORK – VARIOUS COMBINATIONS USING CHUNJIN, WHOJIN, ILBO CHUNJIN, ILBO WHOJIN

SPARRING – SPARRING EQUIPMENT IS REQUIRED

SELF DEFENSE – EXECUTION DRILLS 1 - 5 CHANGING ALL INSTRUCTION TO LEFT SIDE



One-Step Self Defense

Begin with defender and attacker in ready position, facing each other at arm length distance.

Attacker shifts to fighting position, by step back with the right foot for right side attack.

Defender announces the attack move, Ki-hap.

Attacker does the attack move with Ki-hap.

1. Low Punch

Step back with right foot into Front Stance. Do left hand Low Block and right-hand Middle Punch, right foot Front Snap Kick with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

2. Middle Punch

Slide left 45° into Horseback Stance. Do left-hand Outside-to-Inside Middle Block, right-hand Middle Punch, and left-hand High Punch with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

3. Middle Punch

Step back with left foot into Back Stance. Do a right-hand Outside-to-Inside Middle Block, right foot Side Kick with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

4. Middle Punch

Slide right 45° into Horseback Stance. Do left Single Knife-Hand Block (inside-to-Outside), right-hand Middle Punch, and left-hand High Punch with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

5. High Punch

Step back with right foot into Front Stance. Do a left-hand High Block, grab the attacker's wrist, and twist in a counter-clockwise circle. Finish with a right-hand High Punch, right foot Roundhouse Kick with ki-hap, return to the fighting position with ki-hap.

Return to ready position.



Written Test

Blue-Tip Belt Testing for Blue Belt

Name: _____

1. How has Taekwondo affected your daily life?

Mentally:

Physically:

Emotionally:

2. What would you like to improve before your next belt testing?

Mentally:

Physically:

Emotionally:

3. Explain in your own words why we Ki-hop (yell) in Taekwondo?

4. What is the definition of the Taekwondo tenet: **INTEGRITY** (give an example)

5. Draw a line connecting the words on the left to the matching words on the right:

ONE
TWO
THREE
FOUR
FIVE
SIX
SEVEN
EIGHT
NINE
TEN

SET
IL-GOP
HA-NA
YA-DUL
NET
YUHL
AH-HOP
DUL
YA-SUT
DA-SUT

CHANG LEE'S TAEKWONDO



Test Fee \$65

Name: _____ Date of Birth: _____ Age: _____

Present Rank: _____ Applied Rank: _____

Date of Test: _____ Belt Size: _____

	A+	A	B	C	D	Comments
Stances and Movements						
Endurance / Conditioning						
Kicking Technique						
Foot Work						
Blocking and Punches Drills						
Motion Blocks						
Forms (Poomse)						
Respect / Focus						
Flexibility						
Sparring Technique						
Board Breaking						