

Blue Belt Promotion Exam Contents

- ❖ Student must take a minimum of 32 classes in 4 months to be eligible for promotion to the next level.

Kyorugi stance # 11 to # 20	At this level students will master steps # 11 to # 20 of the advanced level combinations. Through this training, students will master the multi functional movements to develop better focus and excellent balance, coordination and strength. ✓ Key point: Stay focused on the direction transitions using the proper stances.
Poomse # 4 Tae geuk Sah Jahng (Adults only)	The forth TKD form coordinates all basic blocks, punches, knife-hand strikes and spear hand strikes through 18 movements. Poomse # 4; This form represents thunder, great power and dignity. ✓ Key point: Learn and practice how to use knife hand blocks and strikes.
Stationary Kicks (Front hook kick)	Students will learn and be able to perform “ Front hook Kick ”—(Ahp Huryo Chagi) ✓ Key point: Pivot your front foot before kicking; raise the knee up and the foot will follow. ✓ As kick is being made, pulls toes sideways so it maximizes the striking force. ✓ The shape of the kick should look like a hook, and its target point is the temple.
Combinations	Students will learn and be able to perform front hook kick followed by a skipping front turning kick. ✓ Key point: Pivot the front foot then lift the rear leg knee up then throw kick in a horizontal direction.
Sparring Steps (# 9 & # 10)	The intermediate TKD sparring steps help students build great agility and focus. The purpose of these steps is to learn an advanced feinting motion towards your opponent, and to be able to catch and strike your opponent. ✓ Key point: In # 10 the rear foot must turn reversely towards the front 200 degrees, and when it’s complete both knees should be slightly bent. # 9: Switch feet left and right, slide the front foot back a half step, and the second step should advance half a step to the front quickly with a “Kihap”. # 10: Rear foot turns reversely towards the front quickly with a “Kihap”.
Breaking (Front hook kick)	Students will learn how to use Front hook kick and break a board. ✓ Key point: Take a deep breath, inhale and exhale, stay focused on the target and then strike right in the middle with a loud “Kihap” – kick with the back of the heel. ✓ Relax your leg entirely when you are in the ready position.
One Step Self-Defense (Adults Only)	#11
Speech (Required written essay Kids only)	We emphasize that TKD training is not just punches and kicks, it is more about building positive character, writing an essay in their own words and reciting their speech in front an audience is one of best ways to build their leadership skills, character and confidence. Key point: Please do not write an essay for your child, you can help them with spelling and sentence structure. <u>We do not need to know the Parents essay skills.</u> Children: “The meaning of self-control”
Terminology & Words	Poomse: TKD Form / Kyorugi: Sparring / Kyuck-pah: Breaking