



BLUE BELT (To Red Belt) EXAMINATION REQUIREMENTS

BELT CONCEPT: COURAGE

White Tip: Count Kick & Fitness

A. 7 Count Hook/Round/Side Kick: (holding wall; kicks must be chest level)

1. Side kick fold
2. Hook kick and re-fold to round kick position
3. Round kick and re-fold
4. Side kick fold
5. Side kick extension and hold
6. Side kick re-fold
7. Foot down

B. Fitness Test: 35 good pushups and 45 sec. plank

Yellow Tip: Blue Belt Combinations

1. Offensive back reverse hook kick, back leg round kick, back punch.
2. Offensive front leg hook kick, back leg front kick, back reverse hook kick, back punch.
3. Offensive back leg round kick, tornado kick, back reverse hook kick, back ridgehand.

Green Tip: Belt Stretcher

- 30 second front kick and side kick balance (1 finger on wall; left and right side)
30 second round kick stretch (holding wall)

Blue Tip: Form

"Jungyee" form meaning "Justice"

Red Tip: Sparring

1-2-3 Step Rhythm Sparring

1. Stay with the rhythm count
2. Use both sides of your body. Vary your techniques (don't repeat the same moves)
3. Defensive blocking and movement required.

Black Tip: Final Test (minimum 40 lessons)

Final testing will cover all curriculum learned thus far. Check your attendance card for a star stamp on the top left corner to see if you qualify for the final test. The following **must** be submitted to Master Rhee **before** the test day.

1. Typed paragraph on the importance of "Courage" and where you can apply it to your life
2. Power Goal
3. TKD binder with all messages of the month since your enrollment, most recent report card, graduation application and test fee.

Upon passing the final test with the Master instructors, the final black tip will be given to you and placed lengthwise along your current belt. Students in high school and below must have a parent place the black tip along the width of the belt (at the tip) for final approval. Students who do not receive the black tip from their parents will not earn their new belt until the black tip is properly placed on the belt.

A WINNER'S CREED

AUTHOR UNKNOWN

If you think you are beaten, you are;

If you think you dare not, you don't;

*If you like to win, but think you can't, It's almost
a cinch you won't.*

If you think you'll lose, you are lost;

*For out in the world, we find success begins with
a person's faith; It's all in the state of mind.*

*Life's battles don't always go to the stronger or
faster hand;*

*They go to the one who trusts in himself and
always thinks "I can."*