



4th KUB - BLUE

The meaning and significance of blue belt:
The blue belt signifies the color of the sky,
reaching high, youth and ambition.

Form: TAE KEUK OH CHANG

Who wrote the American National Anthem? (You must find the answer on your own.)	TERMS	
	SANG DAN (High Section)	EOL GOOL = Face
Who sewed the first American flag? (You must find the answer on your own.)	HA DAN (Low Section)	DARI = Legs
	JOONG DAN (Middle Section)	MOMTONG = Torso

THE MEANING OF THE KOREAN FLAG:

The Korean flag symbolizes much of the thought, philosophy, and mysticism of the Orient. The flag is called Tae Keuk Ki. Tae Keuk means origin of all things in the universe.

Depicted on the flag is a circle divided equally and in perfect balance. The circle is in the center of the flag. It is divided into portions of red (yang) and blue (um) by a horizontal "S". These two opposites express the dualism of the cosmos; fire and water, day and night, dark and light, active and passive, heaven and earth, being and not being, and so on. There is also balance and harmony. It must signify a doctrine that man has two natures, physical and spiritual.

The bars on the flag are called Gun Gwe, Kon Gwe, Yi Gwe, and Gahm Gwe. The bars are based on the "Um" and "Yang" principle of light and darkness. The location of the Gwe, or bars, represents the four points on the compass.

GUN GWE



This symbol represents heaven and light,. Heaven gives us light which makes things grow. (South)

KON GWE



This symbolizes the earth. The earth is the source of life. (North)

YI GWE



This symbol means fire and the sun. Fire gives man warmth and light. (East)

GAHM GWE



This symbol represents water. Water is a liquid and has no shape or form. (West)

4th KUB - BLUE BELT CURRICULUM

1. All the techniques from the preceding levels.
2. 180 degree reverse turning: front hand punch, rear hand punch, roundhouse kick
3. 360 degree forward turning: front hand punch, rear hand punch, roundhouse kick
4. Double roundhouse kick: front leg, rear leg, hop step
5. Jump front kick and jump side kick
6. One step blue self defense
7. Breaking technique
8. Free sparring
9. Tae Keuk Oh Chang
10. Blue belt study guide

BLUE BELT POOM SAE TAE KEUK OH CHANG

Poom sae Tae Keuk Oh Chang line represents “Wind.” Wind can be strong or weak. Begin this poom sae like a breeze and finish it like a strong wind. Hammer fist, elbow strike, and cross stance are introduced for the first time.

Requirement: Front, “L” shaped natural, back, and cross stances. Front and side kicks. Hammer fist, back fist and elbow strikes. Low, inside, high, and one knife hand outside blocks.

Total Composition: 20 poom (counts), 32 movements

A thing to remember when you perform the poom sae; the execution of each movement must be dynamic. When a yell (Ki Hap) is called for, it must be sharp and loud to reflect the strong spirit of the performer.

ONE STEP BLUE BELT SELF DEFENSE

(Attack with the right hand punch from front stance)

1. One knife hand block with step forward to outside of front foot, turn around, elbow to solar plexus, reach between legs and grab opponent’s ankle, lift to take down, left foot kick to groin
2. Right back stance, one knife hand outside block. Then at the same time grab shoulder with left hand and wrist with right hand. Then move left foot forward to opponent’s front foot. At the same time, left hand pushes opponent’s shoulder down and lifts left foot up to flip opponent to floor. Keep left hand same place and twist right hand inside. Then step switch and slide left hand up to opponent’s hand, adjust right hand to control opponent’s hand, twist entire arm right to left. Then right foot front kick to the face.
3. Left foot steps 45 degrees, left hand palm block and double punch to kidneys (side). Right hand grab shoulder, right front foot kick front leg behind knee, and pull opponent down, left hand punch to head
4. Left foot inside to outside kick, blocking the fist, right foot double roundhouse kick to body and face, left hand punch to the face.
5. Hop and step into back right side, then jump front kick
6. Hop and step into back right side, then jumping side kick.