



## **3RD KUB - HIGH BLUE**

**Form: TAE KEUK YUK CHANG**

### **THE ACADEMY STUDENT CREDO:**

We the students of this academy ...

- A. Abide within the absolute spirit of the martial arts through stringent training of mind and body.
- B. Stand solidly united in a common bond of disciplined fellowship.
- C. Highly respect the rules of this academy and obey the instructor's commands so that we may bring only honor upon our academy and no dishonor upon ourselves.

### **WE PRACTICE BASICS AND FORMS ....**

...because they build a necessary solid foundation for achieving good results in all areas of Tae Kwon Do. They develop strength, coordination, agility, and the skill with which individual techniques are performed. Performing forms builds confidence and concentration.

### **WE PRACTICE PROMISE SPARRING AND ONE STEP SELF DEFENSE ....**

...because this helps to develop effective precision, control of distance, and reaction time for both offense and defense.

### **STRETCHING EXERCISES ARE NECESSARY ....**

...because flexibility, the result of stretching, promotes youthful agility and a sense of physical well being. In Tae Kwon Do, flexibility allows a greater speed in execution of techniques (and so more power) and greater range of possible targets on an opponent.

### **CONTROL IN FREE FIGHTING ....**

...demonstrates mental discipline and physical control of oneself. It is much harder to control than to make contact. In a situation of self defense, control is very important in making opportunities work to your advantage. Control in free fighting will build self confidence, which indicates a strong mind.

## 3rd KUB - HIGH BLUE BELT CURRICULUM

1. All techniques from the preceding levels.
2. Tae Keuk Yuk Chang
3. Combination techniques, begin at sparring stance:
  - A) Roundhouse kick and tornado roundhouse kick
  - B) Roundhouse kick and tornado crescent kick
  - C) Front kick not landing on the floor, reverse turning jump side kick
  - D) Double switch drop kick, left and right as one set
4. Two step high blue self defense
5. Breaking technique
6. Free sparring
7. High blue belt study guide

### HIGH BLUE BELT POOM SAE TAE KEUK YUK CHANG

Poom sae Tae Keuk Yuk Chang line represents “Water.” Water always runs from top to bottom, continuously without pausing, without obstruction. Body movements should be like the flow of water, whether we are defending ourselves or attacking an opponent. It is the constant flow that teaches us indomitable spirit. Reverse knife hand outside block, palm inside block, and roundhouse kick are introduced for the first time.

**Requirements:** Front, back, and shoulder natural stances. Middle punch. Front and roundhouse kicks. Low, outside, both knife hand middle section, palm inside, and reverse knife hand outside blocks

**Total Composition:** 23 poom (counts), 31 movements

A thing to remember when you perform poom sae; maintain an objective focus. Look straight forward in executing a block, punch, or kick. You should see and visualize the target area, but not “look” at it. The gaze should not wander or concentrate on a specific technique or stance being executed.