



CAMBRIDGE TAEKWONDO ACADEMY

4th GEUP (BLUE BELT)

MINIMUM REQUIREMENTS: 16 WEEKS AND 40 CLASSES
(ALL STRIPES MUST BE RECEIVED BEFORE GRADING)

GRADING FEE: \$70.00

STANCES

All previous stances
Left and right stances
Back crossed stance – Dwitkoa seogi

BLOCKS

All previous blocks
Knife-hand (twisted) face block
 – Hansonnal olgul bitureo makki
Double knife-hand low block – Sonnal arae makki
Middle wedge block – Momtong hecho makki

SELF-DEFENSE

One-step sparring #1 through #6
Releases #1 through #6

Creative self-defense (minimum):

<i>Attacks:</i>	<i>Defenses:</i>
Choke attack	2 Arm bars
Stick / bat	Take-down
	3 Basic techniques

PATTERNS

All previous patterns
Taegeuk 5 (Oh jang)

BREAKING

One hand technique
One foot technique
 (from Blue Stripe or Blue belt list)
Juniors: 2 medium boards
Adults: 2 large boards

STEPPING

All previous stepping
4-Direction knife-hand strike # 4 (side kick)

PUNCHES & STRIKES

All previous punches & strikes
Targeted elbow strike – Palkup pyojeok chigi
Side hammer strike (for Taegeuk 5)

KICKS

Middle – high double (narae chagi)
Jumping front kick (step-up style)
Step-in spinning hook kick
Step-behind side kick
Flying side kick
Combinations: Roundhouse / Spinning hook kick
High roundhouse / switch / Back kick
Roundhouse / 'step-up' high r-house
 (other leg)

SPARRING

Full body contact sparring
Light (controlled) head contact may be allowed for older students (over age 12)

TAEKWONDO TERMINOLOGY

Wen	Left
O-reun	Right
Kam-jeom	Penalty
Seung	Winner
Kyu-ru-gi	Sparring
Han-bon kyu-ru-gi	One-step sparring
Poom-sae	Pattern