



CAMBRIDGE TAEKWONDO ACADEMY

5th GEUP (BLUE STRIPE)

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

GRADING FEE: \$70.00

STANCES

All previous stances

BLOCKS

All previous blocks

Pressing-down block – Nullo makki

Reversed middle block, *in back stance*
– Momtong anmakki

High (in->out) block – Olgul bakkat makki

Low wedge block – Arae hecho makki

SELF-DEFENSE

One-step sparring #1 through #5

Releases #1 through #5

Creative self-defense (minimum):

Attacks:

Choke

Defenses:

Arm bar

Take-down

2 Basic techniques

PATTERNS

All previous patterns

Taegeuk 4 (Sa jang)

BREAKING

One hand and one foot technique

Juniors: one small & one medium boards

Punch, elbow, or knife-hand strike plus

Side kick, back kick, or hook kick recommended

Adults: one medium & one large boards

Punch, elbow, or knife-hand strike plus

Hook kick, back kick, or tornado recommended

STEPPING

All previous stepping

4-Direction knife-hand strike # 3 (roundhouse kick)

PUNCHES & STRIKES

All previous punches & strikes

Spear hand strike – Pyonsonkeut sewo chirugi

Palm-heel strike – Son badak chigi

KICKS

Counter roundhouse

Triple

Rear-leg hook kick

Front leg hook kick

Spinning hook kick

Combinations:

Double / Backwards Edan

Beet chagi / Tornado

Roundhouse / Front-leg hook kick

SPARRING

Full body contact sparring

TAEKWONDO TERMINOLOGY

A-rae

Low/down

Mom-tong

Middle/body

Ol-gul

High/face

Ap

Front

Dwit

Back

Yeop

Side