

Blue Belt Requirements

Poomsae

Taegeuk Ohjang

Three step technique

1. Right foot steps back into double knife middle block / Left foot steps into double knife middle block / Step forward left foot followed by right foot into horse stance / Push block left hand double punch (floating rib) / Left arm grab / Sweep and chest strike / Punch / Giup
2. Right foot steps back into double knife middle block / Left foot steps back into double knife middle block / Right foot steps forward followed by left into horse stance / Single knife block (left hand) right hand hook punch / Arm grab (left hand spear finger strike (right hand) sweep / punch / Giup
3. Right foot step back into double knife middle block / Left foot steps back into double knife middle block / Right hand upward punch grab with sidekick chamber / Sidekick right leg rib / Turn kick head / Switch hand grip / Sweep chest strike / Punch / Giup
4. Right foot steps back into double knife middle block / Left foot steps back into double knife middle block / Right foot steps forward followed by left into horse stance / Single knife block (left hand) elbow strike (right hand) / Right hand sweeping eye gouge / Arm grab (left hand) spear finger strike (right hand) / Sweep / Punch / Giup
5. Right foot steps back into double knife middle block / Left foot steps back into double knife middle block / Right foot sweep with right hand inside block / Step behind with left foot left elbow strike / Giup

Kicking Techniques

1. Jump back kick with climbing leg
2. Jump spin kick with climbing leg
3. Jump spin hammer

Vocabulary

Meaning Poomsae Taegeuk Il Jang

Meaning Poomsae Taegeuk Ee Jang