

High Blue Belt Requirements

Poomsae

Taegeuk Yuk Jang

Chong Bong Il Jang

One Step Actions

Actions 1-10 (2 Step)

Kicking Techniques

1. Kicking combination 1 (Turn kick / hammer kick)
2. Kicking combination 2 (Front snap kick / turn kick)
3. Kicking combination 3 (Side kick / back kick)

Vocabulary

Meaning Poomsae Taegeuk Sam Jang

Meaning Poomsae Taegeuk Sa Jang