

# Blue Belt

## The Heavens - A Lofty Goal!

**Meaning of the Blue Belt** - *Blue belt signifies the heavens, toward which the plant develops into a towering tree as the Taekwondo training progresses.*

Once you reach blue belt, you have been training for a year or more, and you have laid the groundwork for more advanced training. You must now refine your techniques to develop maximum power. Board breaking as a power test is now a part of your testing procedure. Now you must begin to focus more on this aspect of your training.

Before advancing to red belt, you must build a good foundation of free sparring techniques and develop sufficient power in your techniques to be able to break boards with both a hand and a foot technique. As you add power to your techniques, you must also begin to develop control in free sparring to avoid injury. This is a good test of your self-discipline!

Modern taekwondo is an outgrowth of the Korean War. General Choi, the father of modern taekwondo, taught martial arts to his elite 29th infantry division, and, following the war, set out to develop and promote a system of martial arts training.

There were a number of different styles of martial arts in Korea at that time but, through his leadership, he was able to bring most of them together under the banner of Taekwondo. Taekwondo quickly became the national sport of Korea. Following the Korean War, Foreign soldiers who had been stationed in Korea took Taekwondo home with them and began its international development.

Today, Taekwondo is practiced by millions worldwide and enjoys recognition as an Olympic Sport.

# Blue Belt Patterns

As a blue belt, you will learn the following three patterns:

1. Yong Gom (the second Choong Sil discipline pattern)
2. Joong Gun
3. Toi Gye

## **Yong Gom:**

(40 moves, left foot returns)

Yong Gom means "Inspiration." With goals firmly in mind, the students must also learn to self-inspire themselves into action, as they develop a sense of self-worth. Without this, one may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.

## **Joong Gun:**

(32 moves, left foot returns)

Joong Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).

## **Toi Gye:**

(37 moves, right foot returns)

Toi Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree latitude, the diagram represents "scholar."

# Blue Belt Board Breaking Requirements

At the rank of Blue Belt, the student will be tested on his or her ability to demonstrate power in his technique. This is done by breaking boards. The boards used for this purpose are 1 inch white pine (#2) boards cut to a size appropriate for the size and age of the student.

Typically, children will break only a single board at each station while adults will break two boards. At Blue Belt, the minimum testing requirement is for the student to break using a single technique. The instructor's job is to guide the student in selecting a technique which is appropriate for the student's ability.

## Testing Procedures

At testing, the student is given three chances to break his/her board stations. Sometimes the instructor may allow additional attempts if he or she feels it is appropriate.

Students should be prepared to set up their board break stations quickly, and with a minimum of practice attempts.

When ready, the student will face the judges and bow, then begin their breaking attempts. **It is not appropriate to make additional practice attempts after bowing to the judges.**

If you do not break all stations, you may take time to adjust any station and then bow in again. Always stop and bow in to the judges before making each additional attempt.

**Joong Gun**

**Blue Belt**  
**Closed Ready Stance B**

Technique			Stance	Target
1	Left	Ridgehand side block	Back L	Middle
2	Left	Forward leg front kick		Middle
3	Right	Upward palm block	Rear	Middle
4	Right	Ridgehand side block	Back L	Middle
5	Left	Forward leg front kick		Middle
6	Left	Upward palm block	Rear	Middle
7	Left	Double knifehand block	Back L	Middle
8	Right	Reverse upward forearm strike	Front	High
9	Right	Double knifehand block	Back L	Middle
10	Left	Reverse upward forearm strike	Front	High
11	Left	Twin vertical punch	Front	High
12	Right	Twin upset punch <b>(Kihap)</b>	Front	Middle
13	Left	X-block with fists	Front	High
14	Left	Backfist	Back L	High
15	Left	Release	Back L	Middle
16	Right	Reverse punch	Front	High
17	Right	Backfist	Back L	High
18	Right	Release	Same	Middle
19	Left	Reverse punch	Front	High
20	Left	Double inner forearm block	Front	Middle
21	Left	Front punch	Back L	Middle
22	Right	Turning side kick		Middle
23	Right	Double inner forearm block	Front	Middle
24	Right	Front punch	Back L	Middle

Technique			Stance	Target
25	Left	Turning side kick		Middle
26	Left	Double outer forearm block	Back L	Middle
27	Left	Double pressing block	Front	High/low
28	Right	Double outer forearm block	Back L	Middle
29	Right	Double pressing block	Front	High/low
30	Right	Hook punch	Closed	Middle
31	Right	Pole block	Middle L	High/low
32	Left	Pole block <b>(Kihap)</b>	Middle L	High/low
32 moves, Left Foot Returns				

**Joong Gun:** (32 moves) is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korean-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910). (Left foot Return)

**Toi-Gye**

**Blue Belt**  
**Closed Ready Stance B**

Technique		Stance	Target	
1	Left	Inner forearm side block	Back L	Middle
2	Right	Reverse inverted spear thrust	Front	Low
3	Right	Backfist/low block (slow)	Closed	High/low
4	Right	Inner forearm side block	Back L	Middle
5	Left	Reverse inverted spear thrust	Front	Low
6	Left	Backfist/low block (slow)	Closed	High/low
7	Left	Low X-block	Front	Low
8	Left	Twin vertical punch	Same	High
9	Right	Turning front kick		Middle
10	Right	Punch	Front	Middle
11	Left	Reverse punch	Same	Middle
12	Balance	Balance position (slow)	Closed	
13	Right	W-shape block	Middle	High
14	Left	W-shape block	Middle	High
15	Left	W-shape block	Middle	High
16	Right	W-shape block	Middle	High
17	Left	W-shape block	Middle	High
18	Left	W-shape block	Middle	High
19	Left	Low double inner forearm block	Back L	Low
20	Left	Head grab	Front	High
21	Right	Knee kick <b>(Kihap)</b>		Middle
22	Left	Double knifehand block	Back L	Middle
23	Left	Forward leg front kick		Middle
24	Left	Horizontal spearhand	Front	High

Technique			Stance	Target
25	Right	Double knifehand block	Back L	Middle
26	Right	Forward leg front kick		Middle
27	Right	Horizontal spearhand	Front	High
28	Left	Low block/backfist	Back L	Low/high
29	Right	Low X-block (jumping)	X-stance	Low
30	Right	Double inner forearm block	Front	Middle
31	Left	Low double knifehand block	Back L	Low
32	Right	Scooping block	Front	Middle
33	Right	Low double knifehand block	Back L	Low
34	Left	Scooping block	Front	Middle
35	Right	Scooping block	Front	Middle
36	Left	Scooping block	Front	Middle
37	Right	Punch <b>(Kihap)</b>	Middle	Middle
37 moves, Right Foot Returns				

**Toi Gye:** (37 moves) is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37 degree latitude, the diagram represents “scholar.” (Right Foot Returns)

# Testing

Congratulations! You have worked hard and are now ready to test.

Testing is an important part of the CTF teaching program. You must prepare by learning **all your patterns, definitions, and one-steps**. In addition, at Green Belt and above, you will be expected to **demonstrate what you have learned regarding free-sparring**. At Blue Belt and above, you will be expected to **participate in a power demonstration by breaking wood** at each testing. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood is provided at the testing.

Come to the testing a little early to allow time to warm up and ask any last minute questions you may have.

**Remember, this is a formal occasion and requires that you wear your traditional white uniform!**

You will need to register in advance of the testing date. See your instructor to register and pay your testing fee.

Additionally, all white belts and any students whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership card and pay the annual membership fee before they test.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

***Good Luck!***



# Blue Belt Testing Goals

## Grades 1 & 2

Completed

- I. Attend class \_\_\_\_\_ times a week  
(Minimum classes between testings - 20)
- II. Learn new patterns
  - A) Joong Gun
  - B) Yong Gom
- III. Board Break  
Hand Technique Selected \_\_\_\_\_ or  
Foot Technique Selected \_\_\_\_\_
- IV. Free Sparring
- V. Definitions
  - A) Joong Gun
  - B) Yong Gom
- VI. Review all previous material learned
- VII. Special Goals:

---

---

---

# Blue Belt Testing Goals

## Grades 3 & 4

Completed

- I. Attend class \_\_\_\_\_ times a week  
(Minimum classes between testings - 20)
- II. Learn new patterns
  - A) Toi Gye
  - B) Yong Gom
- III. Board Break
  - Hand Technique Selected \_\_\_\_\_ or
  - Foot Technique Selected \_\_\_\_\_
- IV. Free Sparring
- V. Definitions
  - A) Toi Gye
  - B) Yong Gom
- VI. Review all previous material learned
- VII. Special Goals:

---

---

---