

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 that 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.

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 of \$25.00 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

- | | <u>Completed</u> |
|---|--------------------------|
| I. Attend class _____ times a week
(Minimum classes between testings - 20) | <input type="checkbox"/> |
| II. Learn new patterns | |
| A) Joong Gun | <input type="checkbox"/> |
| B) Yong Gom | <input type="checkbox"/> |
| III. Board Break | <input type="checkbox"/> |
| Hand Technique Selected _____ or | |
| Foot Technique Selected _____ | |
| IV. Free Sparring | <input type="checkbox"/> |
| V. Definitions | |
| A) Joong Gun | <input type="checkbox"/> |
| B) Yong Gom | <input type="checkbox"/> |
| VI. Review all previous material learned | <input type="checkbox"/> |
| VII. Special Goals: | |
| _____ | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> |
| _____ | <input type="checkbox"/> |

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:
 - _____
 - _____
 - _____