

Shin's TaeKwonDo Academy
6524 NE 181st St. #8
Kenmore, WA 98028
(425)402-8900 / kenmoretkd.com



2nd Blue Belt Vocabulary & Requirements

Vocabulary

Side punch	Yup ji-roo-ki
Side chop	Sohn-nahl-yup-chi-ki
Cross hand block	Ahn eh suh Bak uh ro ut kalyo mak-ki
Cross leg stance	Koa suh-ki
One-step sparring	Il bo gyo-roo ki
Crane Stance	Hahk-da-ri suh-ki

Counting

61	Yeh-sun Hana	66	Yeh-sun Yah-sut
62	Yeh-sun Dool	67	Yeh-sun Il-gohp
63	Yeh-sun Set	68	Yeh-sun Yau-dull
64	Yeh-sun Net	69	Yeh-sun Ah-hope
65	Yeh-sun Dah-sut	70	Il-hun

Kicking Terms (cha-ki)

Skipping Side kick	Kuruh-yup-cha-ki
Jumping back kick	Twe-uh Dwe-cha-ki

Belt Coloration

Review Blue Belt meaning

Meaning of Tae-Geuk Poomse

Tae-Geuk Poomse #5 Tae-Geuk Oh-Jang (4th Gup)

Symbol is Sohn, meaning Wind

The wind is so gentle when it is a breeze and devastating when it becomes a hurricane (human power can also be used either way). Tae-Geuk Oh-Jang is designed to develop the inner energy and kinetic force of the body with the application of the two opposite phenomena of nature. The new movements are: hammer fist, elbow strike, side kick with side punch, and jumping cross stance. Special attention is required in striking a specific target area with the elbow.

Review

All White, Yellow, Green, and Blue belt Vocabulary Sheets

Testing Requirements

Vocabulary
Poomse: Tae-Geuk #5 / Tae-Geuk Oh-Jang & Previous Poomses
One Step sparring: #11,12
Kicks: Previous + Above Kicks
Physical: 40 kicks, squats, sit ups, push ups
Board Break: With any above kick or hand technique