

**Shin's TaeKwonDo Academy**  
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**Blue Belt Vocabulary & Requirements**

**Vocabulary**

Fist	Jumok
Spear hand	Pyon-sohn-goot chi-ki
Double knife hand block	Yahng-sohn-nahl mak-ki
Single hand block	Han-sohn-nahl mak-ki
Pledge to the flag	Guk-ki-ay deh-ay-yuh kyung-yeh

**Counting**

51	Shee-hun Hana	56	Shee-hun Yah-sut
52	Shee-hun Dool	57	Shee-hun Il-gohp
53	Shee-hun Set	58	Shee-hun Yau-dull
54	Shee-hun Net	59	Shee-hun Ah-hope
55	Shee-hun Dah-sut	60	Yeh-sun

**Kicking Terms (cha-ki)**

Back hook kick	Dwe-who-ri-ki
Counter kick	Ba-dah cha-ki
Push Kick	Mil-uh cha-ki

**Belt Coloration**

**Blue Belt**

This is the color of youth, ambition, and rapid growth. The seedling is now reaching for the blueness of the sky.

**Meaning of Tae-Geuk Poomse**

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

**Symbol is Jin, meaning Thunder, the undeniable power and dignity of the space.**

There are more advanced movements in this poomse. These movements are double knife hand blocks, fingertip thrust, knife hand strike, consecutive side kicks, and cross stance back fist. To prepare for the Gyorooki (sparring practice), there are more transitional movements to help you improve correct body shifting and coordination.

**Review**

All White, Yellow, and Green belt Vocabulary Sheets

**Testing Requirements**

Vocabulary  
Poomse: Tae-Geuk #4 / Tae-Geuk Sahn-Jang & Previous Poomses  
One Step sparring: #9,10  
Kicks: Previous + Above Kicks  
Physical: 25 kicks, squats, sit ups, push ups  
Board Break: With any above kick or hand technique