

Blue Belt/ 6th Gub

Philosophies and Requirements

Meaning of Belt:

Represents the symbol of **THUNDER**. Thunder and lightning are frightening in nature. If you remain calm and act bravely in the face of fear and danger, then you can overcome fear and be better prepared to deal with the danger.

Requirements for Testing to Navy Blue Belt:

0. **Poomse (Form):** Tae Kug 4 (Sa) Jang – 20 movements
0. **Techniques: (Including all prior ranking techniques already listed)**
 - Stance – Same as Green Belt
 - Hand techniques – Palm Fist Strike
Back Fist Strike
 - Blocks – Double Knife Hand Middle/Low Block
 - Kicks – Skip Round House Kick, and Na-Rae Kicks
 - Foot Skills – 1 or 2 step forward and 1 or 2 slide forward coordination
1 step change kicks and 2 step change Kicks
 - Basic Movement – Number 1 to Number 36
 - Combination Skills – Ax Kick combined with other Basic Kicks
Back Side Kick combined with other Back Kicks
1 or 2 step change and Kicks
Step change and Step forward combination
Step change and Slide forward combination
 - Rolling Method – Front rolling
0. **Breaking:** Jump Front Kick and Back Side Kick or Ax Kick with Hand Breaking
0. **Sparring:** Demonstrate 10 good Sparring techniques
0. **Terminology: (Including all prior ranking techniques already listed)**
 - Junior – Hoo Bea
 - Senior – Sun Bea
 - You did good job – Su Go He Sub Ni Da
 - Fist – Ju Mok
 - Knife Hand – Sun Nal
 - Neck - Mok

Jeon's Tae Kwon Do Academy

Chun Ma Tae Kwon Do - American Tae Kwon Do Centers

Application for promotion to Navy Blue Belt (5th Gub)

Name: _____ Age: _____ Birth Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Last Promotion: ____ / ____ / ____ Test Fee: \$60 Paid: _____

If at any time I violate any of the following three (3) rules and regulations governing Chun Ma Tae Kwon Do Academy, Inc., I hereby agree that the Chun Ma Tae Kwon Do Academy Reserves the right to suspend my rank or status:

0. The purpose of the martial arts is to improve both mental and physical health and all members must uphold and protect the honor and prestige of the Martial Arts.
1. Members are forbidden to use Martial Art Techniques to provoke and challenge innocent persons, and such use will make offending members subject to disciplinary action.
2. That the Chun Ma Tae Kwon Do Academy is the sole and only judge of my qualifications and achievement in the Martial Arts.

I will accept any grade or belt rendered by the school and federation with complete satisfaction, neither demanding nor protesting for a higher grade or belt.

Date: ____ / ____ / ____ Applicant's Signature: _____

Parent's or Guardian's Signature: _____
(If applicant is under 18 years old)

CATEGORY	Grade	Comments
B. Movement		
Poomse		
Hand Skills		
Kick Skills		
1 – T – L – S		
Sparring		
Breaking		
Terminology		
Endurance		
Speed Kick		

Written Test

Navy Blue Belt (5th Gub)

Must be completed before student receives belt

Terminology:

Please Write the Korean Word for the following:

Junior: _____

Senior: _____

You did good job: _____

Fist: _____

Knife Hand: _____

Neck: _____

Personal Growth:

How important is loyalty to country, family, and school? And why?

Parents (Spouses) Turn:

What Improvements have you seen in your child/spouse since their last promotion test? In what areas?

In what Areas would you like to see more improvement?

Space for additional comments (Students/Parents/Spouse):