



SAH (4TH) GUP BLUE BELT STUDY GUIDE

KOREAN TERMINOLOGY:

SONG DON: High Section Attack Area

EUL GHOU: Face Area

JOONG DON: Middle Section Attack Area

MOM TONG: Body or Torso

HAW DON: Low Section Attack Area

DA REE: Legs

WHAT IS THE MEANING AND SIGNIFICANCE OF THE BLUE BELT?

The Blue Belt signifies the color of the sky, reaching high, youth and ambition.

THE MEANING OF THE KOREAN FLAG:

The Korean flag symbolizes much of the thought philosophy and mysticism of the orient. The flag is called Tae Geuk Ki. Tae Geuk means the nature of all things in the universe.

The circle in the center of the flag is divided into portions of Red (Yang) and Blue (Um) by a horizontal “S” in perfect balance. These two opposites express the dualism of the cosmos; fire & water, day & night, dark & light, active & passive, heaven & earth, being & not being and so. It signifies that man has two natures, physical and spiritual which should have balance and harmony.

The bars on the flag are called Gun Gway, Gone Gway, Ee Gway and Gom Gway. The bars or Gway are based on the “Um” and “Yang” principle of balance and harmony. The location of the gway represents the four points of the compass.

Gun Gway	(☰)	This symbol represents Heaven & light. Heaven gives us light which makes things grow. (East)
Gone Gway	(☷)	This symbolizes Earth the source of life. (West)
Ee Gway	(☲)	This symbolizes Fire and the Sun. Fire gives man warmth and light. (South)
Gom Gway	(☵)	This symbolizes Water. Water is a liquid that has no shape or form. (North)

Requirements to advance to 3rd Gup - High Blue Belt:

FITNESS

1. 4th Gup Study Guide : 2. 45 Push-ups, V Sit-ups, 35 Candle Stick Jumps

BASIC TECHNIQUES

Jump Front, Double Side & Roundhouse, 180 & 360 Roundhouse Kicks & 180 & 360 Punch

POOMSAE PATTERN/FORMS

1. Tae Geuk Sah Jang (# 4) : 2. Tae Geuk Oh Jang (# 5)
3. Review Rolling & Falling

SELF-DEFENSE & SPARRING

1. Blue Belt One-Step Self-Defense
2. Contact Sparring. You must have your own full set of gear.

BREAKING

Jump Front Kick with the Ball of the Foot.