



**SOM (3RD) GUP
HIGH BLUE BELT
STUDY GUIDE**

WHAT IS OUR STUDENT ACADEMY CREDO:

We the students of this academy...

- Will abide within the absolute spirit of the martial arts through stringent training of the mind and body.
- Will stand solidly united in common bond of disciplined fellowship.
- Will highly respect the rules of this academy and obey the instructor's commands so that we may bring only honor upon our academy and no dishonor upon ourselves.

WHY DO WE PRACTICE FORMS(POOMSAES) AND BASICS?

Because they build the necessary foundation for achieving good results in all areas of Tae Kwon Do. They develop strength, agility and the skills with which individual techniques are performed. Performing forms builds confidence and concentration.

WHY DO WE PRACTICE SPARRING AND ONE-STEP SELFDEFENSE ?

Because this helps to develop effective percision, control of distance, and reaction time for both offense and defense.

WHY ARE STRECHING EXERCISES NECESSARY?

Because flexibility, the result of stretching, promotes youthful agility and a sense of physical well being. In Tae Kwon Do flexibility allows a greater speed in the execution of techniques (and so more power), and a greater range of possible targets on an opponent.

WHY SHOULD YOU HAVE CONTROL IN FREE SPARRING?

Because it much harder to use control than to make contact. Having control demonstrates mental and physical control of oneself. In a situation of self defense, control is very important in making opportunities work to your advantage. Having control in free sparring will build self confidence, which indicates a strong mind.

Requirements to advance to 2nd Gup - Red Belt:

FITNESS

1. 3rd Gup Study Guide : 2. 55 Push-ups, V Sit-ups, 45 Candle Stick Jumps

BASIC TECHNIQUES

Double Kicks Combination, Reverse & Forward Tornado Kicks, Jump Flying Side

POOMSAE PATTERN/FORMS

1. Tae Geuk Oh Jang (# 5) : 2. Tae Geuk Yuke Jang (# 6)
3. Review Rolling & Falling

SELF-DEFENSE & SPARRING

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

BREAKING

Jump Flying Side Kick with the bottom of the Heel of the Foot.