

# PARK'S MARTIAL ARTS

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## BLUE BELT

### BELT MEANING

**The beginning of summer. The student demonstrates perseverance in order to learn and grow.**

### REQUIREMENTS

<Blue belt to Purple belt>

1. BASIC STANCES
2. TEN BASIC MOTIONS
3. FORWARD HANDS TECHNIQUE (Teen & Adult only)
4. TEN STEP
5. FORWARD KICKING COMBINATION
6. FALLING TECHNIQUE (NAK BUP)
7. SELF-DEFENSE -
8. FORM – Tae Geyk Sa Jang
9. BREAKING - Tornado kick
10. TEN COMMANDMENTS
11. FREE SPARRING
12. TERMINOLOGY TEST
13. ALL EQUIPMENT
14. PROMOTION QUALIFICATION-
  - 1) 2 – 2 ½ months & up to 15 classes
  - 2) Instructor's approval

### TERMINOLOGY

ENGLISH	KOREAN
Falling Techniques	Nak bup
School Gym	Do jang
Uniform	Do bok
Belt	Di

### What is the meaning of Tae Kwon Do?

**Tae** means feet: kick or squash with your foot, developing lower body movements.

**Kwon** means fist: iron hammer, block punch or strike with the hand, developing upper body movements

**Do** means good way of life: the art of having control over mind and body.

## TEN COMMANDMENTS

1. Be loyal to your country.
2. Be loving and show fidelity to your parents.
3. Be loving between husband and wife.
4. Be cooperative between brother and sister.
5. Be faithful to your friends.
6. Be respectful to your elders.
7. Establish trust between teacher and student.
8. Think before killing any living thing.
9. Never retreat in battle.
10. Always finish what you start . . . . SIR!