

## **4th Kup High Blue Belt Requirements**

### **Testing for 3rd Kup 3rd Brown Belt**

You will need to know the following information:

- Chon Ji
- Dan Gun
- Do San
- Won Hyo
- Yul Gok
- Chun Gun
- Toi Gye
- Free Sparring
- Student Oath
- Rules of the Dojang
- Meaning of Tae Kwon Do
- 10 Basic Movements
- Reverse Kick
- Wheel Kick
- Jump Reverse Kick
- Jump Front Snap Kick
- Axe Kick
- Hammer Fist
- Hooking Kick (breaking technique)
- Palm Strike (breaking technique)
- One Step Sparring -- All white, yellow, orange, green and made up ones.
- You should remember all of the lower belt forms, one-steps, and meanings.

Meaning of Blue Belt: Signifies the heaven towards which the plant matures into a towering tree as the training in Tae Kwon Do progresses.