Blue Belt

Techniques

- Apgoobi Ro Momtong Giroogi - Walking Stance Punch
- Joochoomsae Momtong Giroogi - Horse Stance Punch
- Arae Makgi - Down Block
- Momtong An-Makgi - Inside Middle Block
- Olgool Makgi - Face Block
- Momtong Bakat-Makgi - Outside Middle Block
- Apchagi - Front Kick
- Bichagi Retract - 45 degree angle kick mid section
- Dolgae Chagi - 45 degree spinning kick
- Edan Bichagi - Skip in, front leg Bichagi
- Naraechagi - Double Bichagi
- Yopchagi – Sidekick
- Dwichagi - Back Kick
- Dwichagiro BartauxChagi ("Padeauchagi") - Counter Back Kick
- Dolyochagi - 60 degree Kick to upper body
- Naeryochagi - Rear leg Drop Kick

Terminology

- Chareut – Attention
- Kyunge – Bow
- Anjo - Sit Down
- Kamsahumnida - Thank You
- Dobok – Uniform
- Dojang - Training Place
- Shio – Relax
- Joonbi - Ready Position
- Sijack – Begin
- Kalyeo – Break
- Kaesock – Continue
- Dwiro Dora - Turn Around
- Tae – Kick
- Kwon – Punch
- Do - way we choose to live our lives
- Hana - Yol - Smul - Sarune -Maheun -Shin - Counting to Fifty

Sparring

- Fighting two 2 minute rounds using advanced techniques
- Tournament experience a definite asset.
- Apulgigo Bichagi - Edan Fake, Rear Leg Bichagi
- Depalgigo Bichagi - Rear Leg Fake, Rear Leg Bichagi

Forms

- Taeguek - #1, #4

Academic

- Provide report card showing good academic standing.
- Essay about the three following subjects (length 2 pages double-spaced with cover page for children, 3 pages single space for adults):
  - What effect does Taekwondo have on my everyday life?
  - How can Taekwondo make us all better people?
  - What am I able to do to support my school?