

# Montgomery TaeKwonDo Academy

## SENIOR BLUE BELT Stripe Requirements

### 1<sup>st</sup> Stripe

1. Twelve movements of Toi-Gae, without assistance
2. Recite the name of the form
3. Demonstrate a #1 Hook Kick/Round Kick
4. Good Attendance
5. Consistent Effort

### 2<sup>nd</sup> Stripe

1. Twenty-seven movements of the form, without assistance
2. All required knowledge of Toi-Gae
3. Good Attendance
4. Consistent Effort

### 3<sup>rd</sup> Stripe

1. All thirty-seven movements of the form, without assistance
2. Demonstrate #2 Hook Kick/Round Kick
3. Good attendance
4. Consistent Effort

### 4<sup>th</sup> Stripe

1. Demonstrate Self Defense routine
2. Explain the Korean Flag (Um and Yang)
3. Good Attendance
4. Consistent Effort

### 5<sup>th</sup> Stripe

1. Demonstrate Spin Hook Kick, #1 Hook kick/Round Kick
2. Good Attendance
3. Consistent Effort

### **To Earn a BROWN BELT:**

Students must be able to perform all skills listed above upon request.

Minimum of 36 Classes.

Positive attitude towards fellow students and instructors.

Student must achieve personal best at this level.

# Montgomery TaeKwonDo Academy

## SENIOR BLUE BELT Study Guide

Senior Blue Belt:

**Form:** Toi-Gae

**Meaning of Toi-Gae:** Toi-Gae was the pen name of Yi Hwang an authority on neo-Confucianism. The thirty-seven movements of this pattern represent the latitude of his birthplace.

**Number of Combinations:** 37

**On the Korean Flag (Tae-kook-gye)** the symbols in the corners represent the sun's placement in the sky. The lower left symbol represents early morning (dawn) when the sun is in the east. The upper left represents mid-day (noon). The upper right symbolizes twilight as the sun moves to the west. The lower right represents the total darkness of midnight. The 'Um and Yang' in the center symbolize the harmony (blue) and discord (red) that is ever present in the universe.