



Blue Belt

Belt: What is the significance of the Blue Belt?
Signifies the Heavens, towards which the plant matures into a towering tree

Poomse: What is the meaning of Taegeuk Oh Jang?
It symbolizes the wind meaning both a mighty force and calmness according to its strength and weakness.

Tenants of Tae Kwon Do:

Courtesy	To be gracious, polite, and show respect
Integrity	To have high moral standards and be honest
Perseverance	To keep on going even though you're tired
Self-Control	To have control of your emotions; not to show anger frustration or fear
Indomitable Spirit	A never give up attitude under any circumstance

Terms:	Fist	Joo Mok
	Back Fist	Deung Joo Mok
	Hammer Fist	Me Joo Mok
	Knife Hand Strike	Sahnkal Chigi
	Ridge Hand Strike	Sahnkal Deung Chigi