****

**Blue Belt Terminology.**

|  |
| --- |
| **Blue Belt signifies the heaven, towards which the plant matures into a towering tree.** |

When was Tae Kwon Do International inaugurated? - 13th Nov 1993

Give a brief history of the TAGB (your own research)

**Stances**

* X stance - Kyocha Sogi
* Closed stance - Moa Sogi
* Closed ready stance B - Moa Junbi Sogi B
* Rear foot stance - Dwit Bal Sogi
* Low stance - Nachua Sogi

**Defensive Techniques**

* Palm upwards block -Sonbadak Ollyo Makgi
* Twin straight forearm checking block -Sang Sun Palmok Momchau Makgi
* U shaped block -Mondungi Makgi
* Outer forearm inward block -Bakat Palmok Anaero Makgi
* Palm waist block -Sonbadak Hori Makgi
* X fist rising block - Kyocha Joomuk Chookyo Makgi
* Reverse knifehand outward block -Sonkal Dung Bakaero Makgi

**Attacking Techniques**

* Twin vertical Punch - Sang Dwijibo Juruji
* Back fist side strike -Dung Joomuk Yop Taerigi
* Turning punch -Dollyo Jurigi
* Reverse knifehand strike - Sonkal Dung Taerigi
* Arc hand strike -Bandal Son Taerigi
* Upper elbow strike -Wi Palkup Taerigi

**Parts of the Body**

* Arc Hand - Bandal Son
* Fingertip -Sonkut
* Back of forearm -Dung Palmok

**Joon Gun is named after An Joon Gun who assassinated the first Governor General of Korea, Hiro Bumi Ito. The 32 moves represent Mr An`s age when executed in Luis hung prison in 1910.**