

What does Blue Belt Signify?

Blue Belt signifies the Heaven, towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

When is Korean for 2-step sparring?

Ibo Matsoki

When was Tae Kwon-Do International inaugurated?

13th November 1993

What is the Blue Belt Pattern?

Joong Gun Tul

What is the meaning of Joong Gun Tul & how many movements does it have?

Joong Gun is named after the patriot An Joong Gun who assassinated the first Japanese Governor General of Korea, Hiro Bumi Ito. The 32 Movements represent Mr An's age when he was executed in Lui Shung prison in 1910. 32 Movements.

Korean Translations

Closed Ready Stance 'B'

Rear Foot Stance

Low Stance

Moa Junbi Sogi 'B'

Dwit Bal Sogi

Nachua Sogi

Palm Pressing Block Sonbadak Noollo Makgi

Twin Straight Forearm Checking Block Sang Sun Palmok Momchau Makgi

'U' Shape Block Digutja Makgi

Palm Waist Block Sonbadak Hori Makgi

'X' Fist Rising Block Kyocha Joomuk Chookyo Makgi Reverse Knife Hand Outward Block Sonkal Dung Bakaero Makgi

Palm Upward Block Sonbadak Ollyo Makgi
Twin Upset Punch Sang Dwijibo Jirugi
Twin Vertical Punch Sang Sewo Jirugi

Back Fist Side Strike Dung Joomuk Yop Taerigi

Arc Hand Strike

Palm Strike

Sonbadak Taerigi

Upper Elbow Strike

Wi Balkup Taerigi

Upper Elbow Strike

Front Snap Kick

Turning Punch

Wi Palkup Taerigi

Ap Cha Busigi

Dollyo Jirugi

Back Fist Side Strike Dung Joomuk Yop Taerigi

Release Move Jap Yasol Tae

Reverse High Punch Bandae Nopunde Jirugi

Side Punch Yop Jirugi

Reverse Knife Hand Strike Sonkal Dung Taerigi

Side Fist Strike Yop Joomuk Taerigi Flat Fingertip Thrust Opun Sonkut Tulgi