



6309 Ronald Reagan Dr.
 Lake St. Louis, MO 63367
 (636) 561-4848
www.bluewavestl.com



Yong Taek Chung & Won Kuk Lee - circa 1955

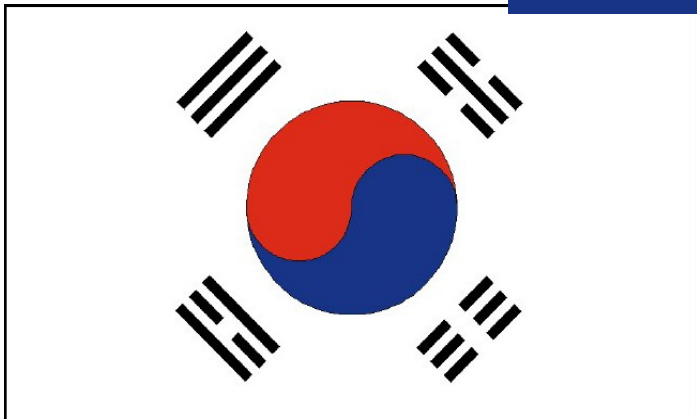
Membership Oath

1. **We, as members,
Train our spirits and bodies
According to the strict code.**
2. **We, as members,
Are united in mutual friendship.**
3. **We, as members,
Will comply with regulations
And obey instructors.**

Class Protocol

1. **Please do not wear shoes in the training area.**
2. **Bring a clean uniform (or sweats) for your workout.**
3. **Smoking is not allowed in the school.**
4. **For safety, do not chew gum, toothpicks, etc. in class.**
5. **Remove all jewelry and leave it in your gym bag or at desk.**

Korean Flag



Center Circle	Tae Guk	Opposites
Red Tear Drop Blue Tear Drop	Yang Um	Positive Negative
3 Solid Lines	K'un	Heaven
3 Broken Lines	K'on	Earth
2 Broken/1 Solid	Kam	Water
2 Solid/1Broken	Ee	Fire



David Blevins & John Leifer 1983

In Class Commands

Attention	Charyut
Meditation	Chong Chin Tong III
Formal Bow, Salute	Kyong Yeah
Ready	Choon Bee
Start	Shee Jahk
Repeat It	Komuhn Doh
Stop	Ko Mahn
Next	Tah Muhn
About Face	Duryo Dolap
Back to ready stance	Bah Roh
Rest (at ease)	She Er
Stand still	Suh
Straighten the Uniform	Bok Jahng Kwo Cho

FORM REQUIREMENTS

White Belt:	Tae Kuk Cho Dan (I) Tae Kuk E Dan (II) Kuk Mu Cho Dan (I)
Yellow Belt:	Tae Kuk Sam Dan (III) Kuk Mu E Dan (II) Pyong Ahn Cho Dan (I)
Green Belt:	Pyong Ahn E Dan (II) Pyong Ahn Sam Dan (III) Kuk Mu Sam Dan (III)
Purple Belt:	Pyong Ahn Sah Dan (IV) Kuk Mu Sah Dan (IV)
Brown Belt:	Pyong Ahn Oh Dan (V) Kuk Mu Oh Dan (V) Chul Gee Cho Dan (I)
1st Dan Black Belt:	Pal Saek Chul Gee E Dan (II)
2nd Dan Black Belt:	Yum Bee Ship Soo
3rd Dan Black Belt:	Jah Un

General Expressions

World	Say Gay
Korea	Hangeuk
Association	Hyup Hway
Member	Hway Wahn
Oath, Pledge	Sun Suh
National Flag	Kuk Gee
Head Master	Kwan Jung Nim
Instructor	Sah Bum Nim
Assistant Instructor	Puh Sah Bum Nim
Martial Art Student	Soo Lyoung Sang
Student	Hahk Sang
Senior Student	Sahn Bey
Uniform	Do Bok
Belt	Dee
Yell, Shout	Kee Yap
Practice Gym	Do Jahng
Punching Board	Kwon Go
Rank	Kup
Degree	Dan
1 Step Sparring	Il Boh Dae Ryun
3 Step Sparring	Sam Boh Dae Ryun
Free Sparring	Jah Yoo Dae Ryun
Form	Hyung
Formal Greeting	Ahn Yahng Hah Seyoh
Thank You	Kahm Sah In Me Dah

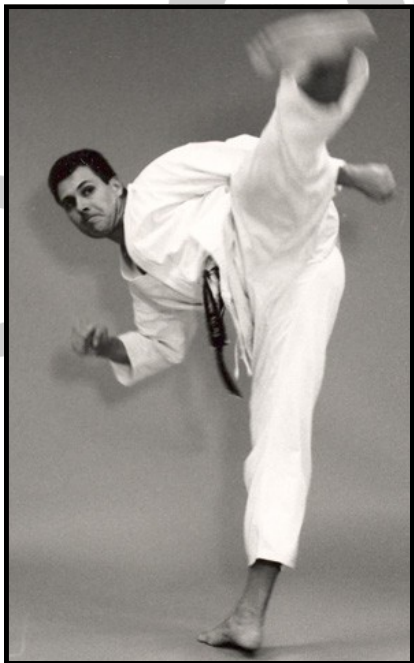


Target Areas	
Low Section (Groin)	Hah-Dan
Middle Section (Solar Plexus)	Choong-Dan
High Section (Philtrum)	Sahng Dan
Inside	Ahn Pahng
Outside	Bah Kat
Front	Ahp
Side	Yohp
Back	Dwi
Around	Dolyer
Rising	Oru
Flying	E Dan

Numbers and Counting			
One	Hanna	First	Cho-Dan
Two	Dool	Second	E-Dan
Three	Seht	Third	Sam-Dan
Four	Neht	Fourth	Sah-Dan
Five	Tah-Seht	Fifth	O-Dan
Six	Yoh-Seht	Sixth	Yuk-Dan
Seven	Il-Gup	Seventh	Chil-Dan
Eight	Yah-Duhl	Eighth	Pal-Dan
Nine	Ah-Hope	Ninth	Ku-Dan
Ten	Yuhl	Tenth	Ship-Dan
Eleven	Yuhl Hanna		
Twelve	Yuhl Dool		
Thirteen	Yuhl Seht		
Fourteen	Yuhl Neht		
Fifteen	Yuhl Tah-Seht		
Sixteen	Yuhl Yoh-Seht		
Seventeen	Yuhl Il-Gup		
Eighteen	Yuhl Yah-Duhl		
Nineteen	Yuhl Ah-Hope		
Twenty	Sumuhl		



Yong Taek Chung & David Blevins 1983



David Blevins circa 1992

Body Parts			
Mom	Body	Ahn Pahl Mahk	Inside Forearm
Kwanjeol	Joint	Bahkat Pahl Mak	Outside Forearm
Ulgool	Face & Head	Sahn Mahk	Wrist
Muh Ree	Head	Sahn	Hand
Noon	Eye	Sahn Gup	Hand Outside
Hui	Ear	Edge	
Ko	Nose	Joo Mohk	Fist
In Joong	Philtrum	Sahn Keut	Fingertips
Eep	Mouth	Moolro	Groin
Tuhk	Throat	Dahre	Leg
Mokoom Eong	Throat	Mooreup	Knee
Mok	Neck	Ahp Jung	Shin
Ouka	Shoulder	Bahl Mahk	Ankle
Myung	Solar Plexus	Bahl	Foot
Pahl	Arm	Bahl Dung	Instep
Pahl Kup	Elbow	Ahp Chook	Ball of Foot
Pahl Mahk	Forearm	Dwi Koomchi	Heel



Foot Techniques

*Front Stretch	Ahp Bahl Lopi Oru Gee
*Front Kick	Ahp Cha Gee
*Side Stretch	Yohp Bahl Lopi Oru Gee
*Side Kick	Yohp Cha Gee
Round (or Roundhouse) Kick	Dolyer Cha Gee
Spin Kick	Dwi Cha Gee
High Jumping Front Kick	E Dan Ahp Cha Gee
Frog Jump Kick	Keh Guri Cha Gee
Foot Block	Bahl Mahk Gee
Instep Foot Block	Bahl Tung Mahk Gee
Crescent Kick (also Half-Moon Kick)	Ban Dahl Cha Gee
Spin Hook Kick	Dwi Dolyer Cha Gee

Hand Techniques

*Middle punch (moving)	Choong Dan Juhn Jin
*High Block	Sahng Dan Mahk Gee
*Twin Fist Technique	Sahng Juh Mohk
*Knife Hand - Reverse Punch	Yeok Jin
Knife Hand Block	Soo Doh Mahk Gee
Inside Forearm Block	Ahn Pahng Mahk Gee
Side Block	Yohp Mahk Gee
High Punch (moving)	Sahng Dan Juhn Jin
High Punch (standing)	Sahng Dan Juhl Gee
X Block	Kyo Cha Mahk Gee
Rising Palm Heel Block	Sahn Gup Chee Oru Gee
Side Palm Heel Block	Sahn Gup Yohp Chee Gee
Double Knife Hand Strike	Sahn Kahl Chee Gee
Double Punch	Doo Bun Juhl Gee
Punching in Horse Stance	Kee Mah Rhee
Elbow Strike	Pahl Kup Chee Gee

More Hand Techniques

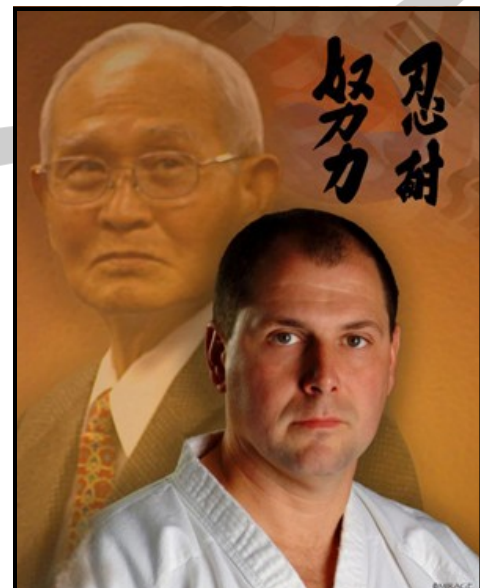
Hand	Soo (also Sahn)
Fist	Juh Mohk
Knife Hand	Soo Doh (also Sahn Kahl)
Palm Heel	Sahn Gup
Back Fist	Toong Juh Mohk
Hammer Fist	Me Juh Mohk
Ridge Hand	Sahn Kahl Tung
Spear Hand	Kwan Soo
Punch	Juhl Gee
Strike (with hand)	Chee Mahk Gee
Down (Low) block	Hah Don Mahk Gee
Low punch (standing)	Hah Don Juhl Gee
Low punch (moving)	Hah Don Juhn Jin



Master Blevins 2006

Stances

Front Stance	Ahp Soh Gee
Horse Stance	Kee Mah Ree
Back Stance	Dwi Soh Gee
L Stance	Niun Jah Soh Gee



*Required for White Belt Exam