

Blue Belt Worksheet

Blue Belt- Warmth of Sky

Cha Re-ot- Attention

Definitions:

Love- Unselfish concern for the good of another

Forgiveness- To give up resentments

Questions:

Name the 3 classifications of Direct Techniques?

Each of these 3 classifications can be broken down into 8 sub-categories. Name these.

Name the 3 classifications of Indirect Techniques?

Each of these 3 classifications can be broken down into 7 sub-categories. Name these.

**Continue to study Korean and Traditional Names
for Basic and Double Kicks**