

Promotion to Blue Stripe – 5th Kup

- **Warm Up**
Sprint on the spot
30 press ups
30 sit ups
30 jumping jacks
20 squat thrusts
- **Traditional Line Work**
Walking stance - straight fingertip thrust
Low walking stance - reverse inner forearm circular block
Walking stance - low section front kick - reverse punch
Walking stance - arc hand hooking block
- **Patterns**
Up to and including *Won-Hyo*
- **Freestyle Line Work**
Double punch, lead hook, reverse uppercut
Lead leg hook kick to lead leg turning kick
Double punch, spin hook kick
- **Sparring Skills & Set Sparring**
Three step semi free sparring (good variety of kicks)
Three step sparring numbers 1 to 4
One step sparring
- **Bag Work**
Back kicks
- **Pad Work**
Pad drills 1 to 3 (right & left side)
- **Sparring**
Free sparring
- **Self Defence**
Double wrist grab (2 hands on 2 hands)
- **Theory**
All theory to be learnt on the reverse of this document

PROMOTION TO BLUE STRIPE

1. **What is the meaning of blue belt?**
Please see below.
2. **How many movements are there in pattern Won-Hyo and what is its meaning?**
Please see below.

MEANING OF BELT COLOURS

BLUE: Signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

Won-Hyo Tul (28 movements)

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

To be learnt when you are a green belt, 6th Kup.

