

Promotion to Blue Belt – 4th 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
L stance - reverse knife hand strike - slipping front foot to walking stance, reverse punch
High section turning kick, back kick – L stance back fist
Walking stance – Arc hand hooking block, reverse punch
Walking stance – horizontal elbow (Yul Gok)
- **Patterns** Up to and including Yul-Gok.
- **Freestyle line work – sparring equipment on**
Double lead leg turning kick
Double lead leg side kick (hopping)
Turning kick – spin hook kick
Lead leg turning kick – reverse punch – lead backfist
Lead leg side kick – back kick
Step over reverse turning kick
Flying side kick
- **Set sparring**
Three step semi free sparring
Three step sparring numbers 1 to 6
Two step number 1
One step sparring
- **Bag Work**
Side kick to back kick (kicks of back leg)
- **Pad work**
Pad drill 1 & 3 (right and left side)
- **Sparring**
Free sparring
- **Self defence**
Double throat grab from the front
Double front shoulder grab with knee strike
All previous self defence techniques to be included
- **Theory**
All theory to be learnt on the reverse of this document

PROMOTION TO BLUE BELT

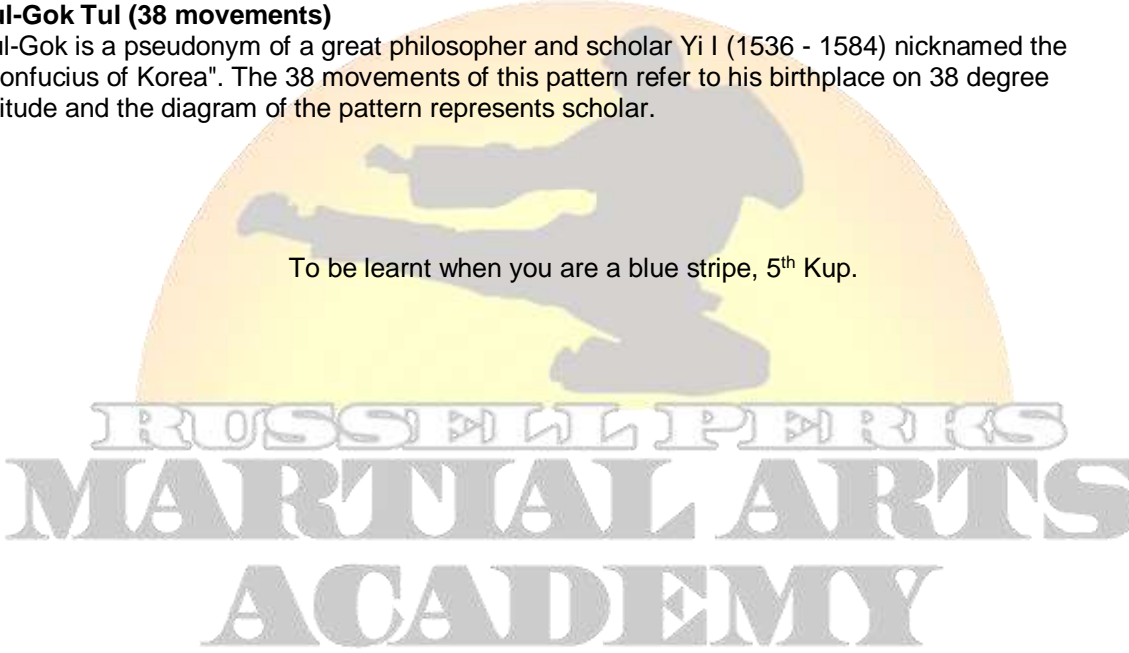
1. **What is the meaning of blue belt?**
Please see below.
4. **How many movements are there in pattern Yul Gok and what is its meaning?**
Please see below.

MEANING OF BELT COLOURS

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

Yul-Gok Tul (38 movements)

Yul-Gok is a pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 degree latitude and the diagram of the pattern represents scholar.



To be learnt when you are a blue stripe, 5th Kup.