

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
L stance - reverse knife hand strike - slipping front foot to walking stance, reverse punch
High section turning kick, back kick – L stance back fist strike
- **Patterns** Up to and including Won-Hyo.
- **Freestyle line work**
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
- **Sparring skills & set sparring**
Three step semi free sparring (good variety of kicks) hand & leg counter attacks
Three step sparring numbers 1 to 5
One step sparring
- **Paddle work**
Outward to inward crescent kick – spin crescent kick
- **Bag work**
Back kicks
- **Pad work**
Pad drill 1 & 2 (right and left side)
Pad drill 3 (right side only)
- **Sparring**
Free sparring
- **Self defence**
Single hand hair grab to front
Double wrist grab (2 hands on 2 hands)
Rear headlock
All previous self defence techniques to be included
- **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.

