

# PROMOTION TO BLUE BELT (4<sup>TH</sup> KUP)

## Warm Up

- Spot sprints
- 25 press ups
- 25 sit ups
- 25 jumping jacks
- 20 squat thrusts

## Traditional Line Work

- Walking stance – straight fingertip thrust
- L-stance – inward knife hand strike
- Low walking stance – reverse inner forearm circular block
- Walking stance – low section front kick – reverse punch
- Walking stance – arc hand hooking block
- Bending ready stance – side kick, reverse elbow strike (walking stance)

## Patterns

- Up to and including Yul-Gok

## Freestyle Line Work

- Double punch – lead ridgehand
- Hook kick-turning kick combination (lead leg)
- Double punch – spin hook kick
- Jump side kick (back leg)

## Set Sparring

- One step sparring
- Three step sparring (1 – 4)
- Three step semi-free sparring

## Self Defence

- Double throat grab from the front

## Pad Drills

- 1, 2, 3 (right & left side)

## Kicking Technique

- Back leg side kick to back kick

## Sparring

- Free sparring

## Theory

- All theory to be learnt on the reverse of this document

## PROMOTION TO BLUE BELT (4<sup>TH</sup> KUP)

- 1. What is the purpose of the arc hand hooking block?**  
*To grab the opponent's arm, therefore enabling one to pull them in for a counter-attack.*
- 2. On what date was Tae Kwon Do founded?**  
*April 11<sup>th</sup> 1955.*
- 3. What is the angle on the arm for a middle section inner forearm block?**  
*90 degrees.*
- 4. What does "Perseverance" mean?**  
*To have the mental strength to keep going and keep trying, even when things get difficult; for example, to keep working on your pattern even when you are struggling with it.*
- 5. What is the meaning of blue belt?**  
*Please see below.*
- 6. 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.

### KOREAN NUMBERS:

Eleven – "Yeolhanna" 열하나

Twelve – "Yeoldool" 열둘

Thirteen – "Yeolset" 열셋

Fourteen – "Yeolnet" 열넷

Fifteen – "Yeoldasaul" 열다섯

To be learnt when you are a blue stripe, 5<sup>th</sup> Kup.