

PROMOTION TO BLUE STRIPE (5TH 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 Won-Hyo

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 & 2)
- Three step semi-free sparring (front, turning, side, and back kicks)

Self Defence

- Double wrist grab (2 hands on 2 hands)

Pad Drills

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

Kicking Technique

- Back kicks

Sparring

- Free sparring

Theory

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

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1. **What is the ready position on Won-Hyo called?**
Closed Ready Stance A.
2. **What is the length and weight distribution between the legs of a Fixed Stance?**
Double shoulders width apart, 50% on each leg.
3. **What does “Integrity” mean?**
To be honest in all you say and do, and define right from wrong.
4. **What is the meaning of blue belt?**
Please see below.
5. **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.

KOREAN NUMBERS:

Nine – “Ahop” 아홉

Ten – “Yeol” 열

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