



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**
 - Waling stance – flat fingertip thrusting strike
 - 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 led turning kick
 - Double lead leg side kick (hopping)
 - Turning kick – spin hook kick
 - Jab – cross – hook - cross
 - Back fist – spinning back fist
 - 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**
 - 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. **Why do you perform an arc hand block?**
To use to grab the opponents arm after blocking.
2. **What does an inner forearm circular block defend against?**
A front kick (knocking your opponent off balance).
3. **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.
5. **Why do we learn two step sparring?**
Two step sparring is designed for the intermediate student to learn more advanced techniques, practicing timing and distance, but with more varied attacks.
6. **What was the date Tae Kwon Do was founded?**
April 11th 1955.
7. **What are the basic leg muscles?**
Tensor Fascia Latae - located to the outside of the pelvis.
Hamstrings - this large group of muscles are located on the back of the upper legs, and are a muscle group made up of three different muscles.
Quadriceps - located on the opposite side of the leg to the Hamstring group (front).
A grouping of four muscles on the top of the leg.
Sartorius: This is the longest muscle in the body.
Gastrocnemius (calf): located in the rear of the lower leg.
Arch Tendon: Although not a muscle, it is the primary force used in getting into the correct position for kicking.

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.