

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
 - L-stance - Twin Forearm Block, Obverse Inward Knifehand Strike, into Fixed stance Middle Side Punch
 - Low walking stance - Reverse Inner Forearm Circular Block
 - Walking stance - low section Front Kick - Reverse Punch
 - Walking stance - arc hand hooking block, reverse arc hand hooking block, obverse punch combination
 - Bending ready stance - Side Kick, reverse Elbow Strike (walking stance)
- **Patterns**
 - Up to and including Yul-Gok
- **Freestyle Line Work**
 - Double punch, lead ridgehand
 - Lead leg hook kick to lead leg turning kick
 - Double punch, spin hook kick
 - Jump side kick (back leg)
- **Set Sparring**
 - Three step semi-free sparring (variety of kicks)
 - Three step sparring (1 to 6)
 - One step sparring
- **Self Defence**
 - Double throat grab from the front
- **Pad Work**
 - Pad drills 1 to 3 (right & left side)
- **Bag Work**
 - Side kick to back kick (kicks of back leg)
- **Sparring**
 - Free sparring
- **Theory**
 - All theory to be learnt on the reverse of this document

PROMOTION TO BLUE BELT

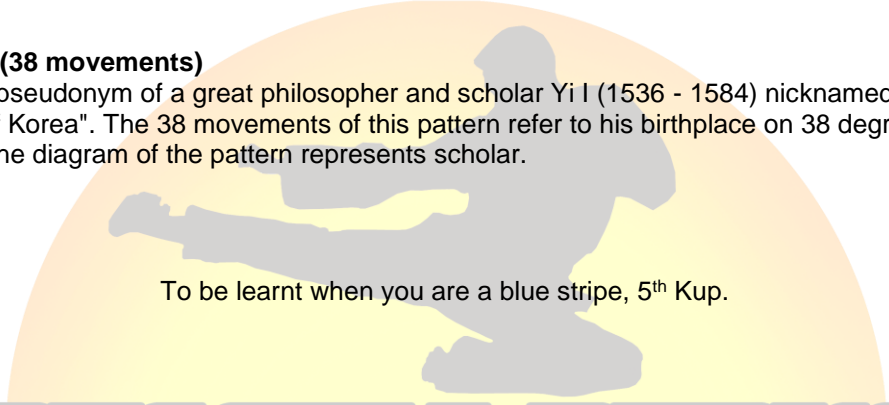
1. **What is the meaning of blue belt?**
Please see below.
2. **How many movements are there in pattern Yul Gok and what is its meaning?**
Please see below.

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.

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