

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
 - 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 Won-Hyo
- **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 5)
 - One step sparring
- **Self Defence**
 - Double wrist grab (2 hands on 2 hands)
- **Pad Work**
 - Pad drills 1 to 3 (right & left side)
- **Bag Work**
 - Back kicks
- **Sparring**
 - Free sparring
- **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.

