

# WARRIOR CODE

TAEKWONDO ACADEMY



## BLUE STRIPE LEVEL

*5th Kup*

### Requirements to move up to the next level:

Minimum Age: 9 years old

#### Fast Track:

Participation in 40 Classes  
4 months of consistent training  
3-physical stripes  
1-knowledge (homework) stripe  
1-competition stripe  
1-tournament stripe

#### Regular Track:

Participation in 64 Classes  
8 months of consistent training  
3-physical stripes  
1-knowledge (homework) stripe  
  
Students must complete a competition and a seminar before applying for Blue Belt (from Green Belt)



## STUDY GUIDE

### **A. What is the meaning of Vertical Kick?**

*This technique is employed in attacking the target from a 90 degree angle. It can be performed two ways - Inward and Outward. This kick is performed mainly with the Footsword and the Reverse Footsword.*

*The foot must be vertical to the target while bending the leg about 30 degrees at the moment of impact. The attacking tool reaches the target in an arc.*

### **B. What is a Palm Hooking Block?**

*Unlike other methods of blocking, this technique requires a minimum amount of effort on the part of the defender and allows the opposite hand or foot an immediate response for counter attacking.*

*This block travels in an arc, keeping the elbow bent about 25 degrees outward and the wrist slightly bent inward at the moment of the block. The main purpose of this technique is to grab a hand attack from the opponent.*

### **C. What are the "Training Secrets of Taekwon-Do"?**

*An old proverb says that even heaven can't make a diligent worker poor. However, in Taekwon-Do diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only would reduce power, they may lead to injury and leads to more wasted time simply trying to correct*

*On the other hand, under the proper guidance of a professional, qualified instructor; a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort.*

***Students should keep in mind the following secrets:***


- 1) To study the theory of power thoroughly (theory of power was learned at green belt)***
- 2) To understand the purpose and method of each movement clearly***
- 3) The bring the movement of eyes, hands, feet and breath into a single coordinated action.***

***There are 9-training secrets total. At Blue Stripe we expect you to learn and appreciate the first 3 training secrets.***



## STUDY GUIDE

### D. The meaning of Yul-Gok

*Yul-Gok is the 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 latitude and the diagram  represents 'scholar'.*

### E. What is Natural Motion?

*Natural motion is when a movement is performed without accelerating the movement to maximum speed, attempting apply maximum power or tensing the muscles at the moment of impact.*

*When you are performing a movement in natural motion - it is most often a soft motion.*

### F. What is Connecting Motion?

*Connecting motion is when you take a softer movement and a harder movement on one count. In the sequence they would share a sinewave (2-movements, 1-sinewave). Since the first move is a soft movement, the sequence would also only have 1 breath.*

*Here is how it works (as in Yul-Gok Tul):*

- a) The sinewave begins (relax... downward) while setting up the block (crossing the hands - blocking hand on top).*
- b) The sinewave comes to the highest position (raise the heel, straighten the leg... up) while performing the Middle Hooking Block.*
- c) Drop the heel into the Walking Stance (lowering the body... down) and perform a Middle Obverse Punch.*

### Make sure that...

- only breath a natural, gentle exhale for the middle hooking block*
- and a hard, sharp breath for the middle obverse punch*



## STUDY GUIDE

### **G. How far should you jump to perform the back fist in X-Stance?**

*Towards the end of the pattern, you will jump and perform an X-Stance High Back Fist Side Strike. Here are some important details about the strike:*

#### **1) The strike should finish in a half facing position**

*In order to properly execute a side strike, the body must be half or side facing and the strike should finish on the shoulder line. To complete this properly and safely, ensure that your feet are pointing to a 45 degree angle so the shoulders line up comfortably and naturally.*

#### **2) The left foot should be flat on the floor, managing the body weight**

*In this case, the stance is a left X-Stance. This means that all the weight should be on the left foot. In an X-Stance, both legs should be bent and the right ball of the foot is placed on the floor (behind the left foot).*

#### **3) The toes should be parallel (pointing in the same direction)**

*Upon completion of the movement, have a look at your toes. It is more natural and comfortable if the feet are parallel. If your feet are pointing in different directions it will put stress on the hips or knees.*

### **H. The Rule about X-Stance**

When you are performing an X-Stance, you will need to understand that one leg is the primary leg of the stance and the other is the secondary leg. The primary leg is the side which carries the mass (body weight).

1) When stepping into an X-Stance, the secondary leg crosses in front of the primary leg.

2) When jumping into an X-Stance, the secondary leg crosses behind the primary leg.