

# WARRIOR CODE

TAEKWONDO ACADEMY



## BLUE BELT LEVEL

*4th Kup*

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

Minimum Age: 9 years old

#### Fast Track:

Participation in 80 Classes  
8 months of consistent training  
3-physical stripes  
1-knowledge (homework) stripe  
1-competition stripe  
1-tournament stripe

#### Regular Track:

Participation in 96 Classes  
12 months of consistent training  
3-physical stripes  
1-knowledge (homework) stripe

*Students must complete a competition and a seminar before applying for Red Belt (from Blue Belt)*

Looking ahead: Minimum age for Red Belt is 10 years old



## STUDY GUIDE

### **A. What is the meaning of Blue Belt?**

*Blue represent's the heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.*

### **B. What is the meaning of Joong-Gun?**

*Joong-Gun is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed in a Lui-Shung prison (1910).*

### **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.***
- 4) To choose the appropriate attacking tool for each vital spot.***
- 5) To become familiar with the correct angle and distance for attack and defence.***
- 6) Keep both the arms and legs bent slightly while movement is in motion.***

*There are 9-training secrets total. Training secrets #1 to #3 were first shown in the Blue Stripe level. As a blue belt you learn #4 to #6. At Red Stripe we will reveal the final 3 training secrets.*

### **D. Why do we do some blocks in a circular motion?**

*There will be some movements from time to time that are performed in a circular motion. This is because there is not enough space/distance to create enough speed (and generate the required power). Therefore it travels in a circular motion to give the technique the space it needs to accelerate to its maximum speed for the desired effect.*



## STUDY GUIDE

### E. What is Twisting Kick?

*Twisting kick is a very unique kick to Taekwon-Do. It is designed for short to medium distance attacking in an arc or circular motion. This kick is divided into three different parts, for three different sections. Unlike other kicks, with Twisting Kick, the opponent is in different positions. Here are the variations of twisting kick:*

**1) Low Twisting Kick** - the opponent is directly in front of you while facing you (full facing) at a short distance. The goal is to get the ball of the foot to strike the inside of the opponent's knee or upper thigh. One important aspect of low twisting kick is that the knee of the kicking leg does not straighten.

**2) Middle Twisting Kick** - the opponent is to the side-front (lined up to your shoulder line) while being side facing or half facing (they might be in a fighting position or sparring position). The goal is to snap the foot like front snap kick and reach the opponent's solar plexis with the ball of the foot. At the moment of impact, the foot should be rotated to a position parallel with the horizon.

**3) High Twisting Kick** - the opponent is directly beside you (almost shoulder to shoulder) facing the same direction as you. The goal is to kick the opponent to the philtrum (small area under the nose, above the lip) in a snap motion. At the moment of impact the foot should be pulled back so the sole of the foot is pointing straight up (with the arms in and the knee of the kicking leg outwards).

### F. What is Slow Motion?

*Slow motion was designed to show the beauty, control and balance of the practitioner. The movement should be performed exactly as a normal movement only slow while still gradually accelerating to its completion while demonstrating the application of the movement.*

### G. What is the term "Reverse" really mean in Taekwon-Do?

*When Taekwon-Do was being translated from Korean to other languages, there were some terms that did not quite translate well. "Reverse" (or Bandae) is one of them. A closer translation to the term Bandae would actually be opposite. When you do a Walking Stance Reverse Punch - it is a punch on the opposite side of the stance.*

*When performing a Middle Reverse Knife-hand Block (first movement of Joong-Gun), you are using the opposite side of the hand from the knife-hand.*



## STUDY GUIDE

### H. How do you transition properly from one stance to another (on the spot)?

To learn this skill, in the pattern Joong-Gun there are 4 instances where a student would transition from one stance to another while remaining on one spot. Here they are:

#### **1) L-Stance Middle Knife-hand Guarding Block to a Walking Stance Upper Elbow Strike**

The first step is to locate the mid point of the Walking Stance (the end position). Then from the L-Stance, bring the front foot back to that mid point and in an outward arc, accelerate the movement to form the Walking Stance with the Upper Elbow Strike.

#### **2) L-Stance High Back Fist Side Strike - releasing into a Walking Stance**

This is slightly different due to the fact that it is a releasing movement. In this case there will not be any sinewave nor any backward motion. The way to perform this move / shift is to slip the front foot forward (from L-Stance) and form a Walking Stance and perform the release.

#### **3) Walking Stance High Double Forearm Block to an L-Stance Middle Reverse Punch**

The first step is to re-adjust and find the mid point of the L-Stance (the end position). Keep in mind (for this situation) that L-Stance is shorter than Walking Stance. For this reason, from the Walking Stance, you will bring the front leg back further than if the stances were reversed.

#### **4) L-Stance Middle Forearm Guarding Block to a Low Stance Palm Pressing Block**

In this situation it will be similar to #1 (L-Stance to Walking Stance) however, Low Stance is one foot length longer than Walking Stance. This means that the small backward motion from the front leg will be smaller than in the other scenario.

### I. What is the difference between Walking Stance & Low Stance?

The difference between Walking Stance and Low Stance is that Low Stance is one foot length longer than Walking Stance. Both stances have a body mass ratio of 50/50 (even weight on each leg). Both stances are 1 shoulder width apart (width of the stance).

Both stances also have the front toes should be pointing straight ahead while the rear toes should be pointing no more than 25 degrees outward.

Walking Stance is 1.5 shoulder widths in length from the toes on the rear foot to the toes on the front foot. Low Stance is 1.5 shoulder widths from the toes of the rear foot to the back of the heel on the front foot.