

BLUE STRIPE STUDY SHEET

Each student should be training at this level for 6-months (26-weeks). Please note that this is a minimum time (not maximum). The amount of time needed to advance depends on three things:

We recommend each student to train at least 2 time per week with a maximum of 4 times a week. The Promotion Testing to achieve the next level is comprised of three parts:

- A) The Written Test
- B) The Physical Test
- C) The Technical Test

There is a fee of \$50 for this Promotion Test

Now that you have achieved Blue Stripe, you should be advised of some upcoming requirements:

- You must keep your school membership and your OTFA membership active.
- Before you can grade for the Blue Belt, you will again need to participate in both a competition and a seminar! Our school hosts one tournament each year as well as various seminars throughout the year. If you miss these events, there are other options hosted by other schools.

PHYSICAL TEST REQUIREMENTS

- 8 Minutes of Running / Jogging
- 8 Minutes of Skipping (Jump Rope)
- 35 Push ups
- 35 Sit ups
- 35 Squats
- 20 Tuck Jumps
- 20 Speed Kicks Front Kicks (each leg)
- 20 Speed Turning Kicks (each leg)
- 20 Speed Side Piercing Kicks (each leg)
- 20 Speed Reverse Hooking Kick (each leg)

FUNDAMENTAL MOVEMENTS:

Stances:

| | |
|---|----------------------------|
| Attention Stance | (learned at White Belt) |
| Parallel Stance / Parallel Ready Stance | (learned at White Belt) |
| Walking Stance / Walking Ready Stance | (learned at White Belt) |
| L-Stance / L-Ready Stance | (learned at Yellow Stripe) |
| Sitting Stance / Sitting Ready Stance | (learned at Yellow Stripe) |
| Close Stance / Close Ready Stance A | (learned at Green Belt) |
| Fixed Stance | (learned at Green Belt) |
| Bending Ready Stance A | (learned at Green Belt) |
| X-Stance | (new for Blue Stripes) |

Hand Movements:

| | |
|---|----------------------------|
| Parallel Stance Middle Punch | (learned at White Belt) |
| Walking Stance Middle Obverse Punch & Reverse Punch | (learned at White Belt) |
| Walking Stance Low Forearm & Low Knife-hand Block | (learned at White Belt) |
| Walking Stance Middle Inner Forearm Block | (learned at White Belt) |
| Sitting Stance Middle Punch | (learned at Yellow Stripe) |
| L-Stance Middle Reverse Punch | (learned at Yellow Stripe) |
| L-Stance Middle Inner Forearm Block | (learned at Yellow Stripe) |
| L-Stance Middle Forearm Guarding Block | (learned at Yellow Stripe) |
| L-Stance Middle Knife-hand Guarding Block | (learned at Yellow Belt) |
| Walking Stance High Obverse Punch | (learned at Yellow Belt) |
| L-Stance Twin Forearm Block | (learned at Yellow Belt) |
| Walking Stance Outer Forearm Rising Block | (learned at Yellow Belt) |
| L-Stance Middle Knife-hand Side Strike | (learned at Yellow Belt) |
| Walking Stance High Reverse Punch | (learned at Yellow Belt) |
| Walking Stance High Outer Forearm Side Block | (learned at Green Stripe) |
| Walking Stance Middle Straight Fingertip Thrust | (learned at Green Stripe) |
| Walking Stance High Back-fist Side Strike | (learned at Green Stripe) |
| Walking Stance High Outer Forearm Wedging Block | (learned at Green Stripe) |
| L-Stance High Inward Knife-hand Strike | (learned at Green Belt) |
| Fixed Stance Middle Obverse Punch | (learned at Green Belt) |
| Walking Stance Middle Inner Forearm Circular Block | (learned at Green Belt) |
| Walking Stance Middle Hooking Block | (new for Blue Stripes) |
| Walking Stance Middle Front Elbow Strike | (new for Blue Stripes) |
| L-Stance Twin Knife-hand Block | (new for Blue Stripes) |
| X-Stance High Back Fist Side Strike | (new for Blue Stripes) |
| Walking Stance High Double Forearm Side Block | (new for Blue Stripes) |

Types of Motions:

| | |
|-------------------|---------------------------|
| Continuous Motion | (learned at Yellow Belt) |
| Fast Motion | (learned at Green Stripe) |
| Connecting Motion | (new for Blue Stripes) |

Be prepared to answer questions about the movements and motions listed above and on previous page!
What is the application? How do you cross the hands? How does the movement work?

Foot Techniques:

| | |
|---|----------------------------|
| Front Rising Kick & Side Rising Kick | (learned at White Belt) |
| Outward Crescent Kick & Inward Crescent Kick | (learned at White Belt) |
| Front Snap Kick | (learned at White Belt) |
| Downward Kick | (learned at Yellow Stripe) |
| Turning Kick | (learned at Yellow Stripe) |
| Side Piercing Kick | (learned at Yellow Stripe) |
| Reverse Hooking Kick | (learned at Yellow Belt) |
| Double Turning Kick & Double Side Piercing Kick | (learned at Yellow Belt) |
| Jumping Front Snap Kick | (learned at Yellow Belt) |
| Back Piercing Kick (180° Back Piercing Kick) | (learned at Green Stripe) |
| Jumping Turning Kick | (learned at Green Stripe) |
| 180° Reverse Hooking Kick | (learned at Green Belt) |
| Jumping Side Piercing Kick | (learned at Green Belt) |
| Jumping Reverse Hooking Kick (front leg) | (learned at Green Belt) |
| Inward Vertical Kick | (new for Blue Stripes) |
| Outward Vertical Kick | (new for Blue Stripes) |
| Jumping 180° Reverse Hooking Kick | (new for Blue Stripes) |

PATTERN REQUIREMENTS:

Patterns / Pattern Exercises:

| | |
|-------------|--|
| Saju Jirugi | (Four Direction Punch – 14 movements total / white belt level) |
| Saju Makgi | (Four Direction Block – 16 movements total / white belt level) |
| Chon-Ji Tul | (Pattern Chon-Ji – 19 movements / yellow stripe level) |
| Dan-Gun Tul | (Pattern Dan-Gun – 21 movements / yellow belt level) |
| Do-San Tul | (Pattern Do-San – 24 movements / green stripe level) |
| Won-Hyo Tul | (Pattern Won-Hyo – 28 movements / green belt level) |
| Yul-Gok Tul | (Pattern Yul-Gok – 38 movements / blue stripe level) |

SPARRING REQUIREMENTS:

3-Step Sparring:

- 3-Step Sparring #1
- 3-Step Sparring #2
- 3-Step Sparring #3
- 3-Step Sparring #4
- 3-Step Sparring #5
- 3-Step Sparring #6

White Belt to Yellow Belt level

- (Attack with Middle Obverse Punch / Defend with Middle Inner Forearm Block)
- (Attack with Low Front Snap Kick / Defend with Low Forearm Block)
- (Attack with L-Stance Punch / Defend with L-Stance Inner Forearm Block)
- (Attack with L-Stance Punch / Defend with L-Stance Forearm Guarding Block)
- (Attack with Middle Turning Kick / Defend with Knife-hand Guarding Block)
- (Attack with High Obverse Punch / Defend with Outer Forearm Rising Block)

2-Step Sparring:

- 2-Step Sparring #1
- 2-Step Sparring #2
- 2-Step Sparring #3
- 2-Step Sparring #4
- 2-Step Sparring #5
- 2-Step Sparring #6

Green Stripe to Blue Stripe Level

- (Attack: Punch & Front Kick / Defend: Middle Inner Forearm & Low Forearm Blocks)
- (Attack: Punch & Turning Kick / Defend: Forearm Guarding & Knife-hand Guarding Block)
- (Attack: Turning Kick & High Punch / Defend: Knife-hand guarding block & Rising Block)
- (Attack: Front Kick & Front Grab / Defend: Low Knife-hand Block & Wedging Block)
- (Attack: Reverse Punch & Downward Kick / Defend: Hooking Block & Forearm Guarding)
- (Attack: Side Punch & Side Kick / Defend: Double Forearm Block & Downward Block)

Sparring Drills / Sparring Exercises:

- Sparring Stance & Switch (create a comfortable sparring stance & practice switching legs quickly)
- Sparring Stance & Single Step (sparring stance & step forward & backward switching sides each time)
- Sparring Stance & Double Step (sparring stance & double step forward & backward – remain on same side)
- Sparring Stance Shift / Dodge (sparring stance & shift forward & dodge backward – remain on same side)
- 2-Punches & Front Snap Kick (combo of 2 punches -front hand & rear hand then a rear leg front snap kick)
- 2-Punches & Turning Kick (combo of 2 punches -front hand & rear hand then a rear leg turning kick)
- 2-Punches & Downward Kick (combo of 2 punches -front hand & rear hand then a rear leg downward kick)
- Offensive Side Kick Drill (moving in to attack the opponent while using front leg - side piercing kick)
- Defensive Side Kick Drill (dodge away from the opponent and countering using front leg side piercing kick)
- Back Piercing Kick Counter Drill (opponent throws turning kick – counter with a back piercing kick)
- 180° Reverse Hook Counter Drill (opponent throws turning kick – counter with a 180° Reverse Hooking kick)
- L-Shape Reverse Hook Counter Drill (opponent throws a kick – counter with L-Shape evade & a Reverse Hooking kick)
- Semi-Free Sparring (1-kick) (reaction type sparring – each player throws one kick at a time)
- Free Sparring (Sparring Gear is required... 1-on-1 sparring rounds of 1 min & 30 seconds)

SELF-DEFENSE REQUIREMENTS:

Self-Defense Requirements:

| | |
|--------------------------------|---|
| Front, Side & Back Break Falls | (all performed from a standing position) |
| Forward Rolls & Backward Rolls | (all performed from a standing position – finishing in a standing position) |
| Straight Wrist Grab Releases | (demonstrate releasing, control & counter) |
| Cross Wrist Grab Releases | (demonstrate releasing, control & counter) |
| Front Choke | (break the choke & counter) |
| Front Grab (Wrist Lock #1) | (opponent grabs with palm facing up) |
| Front Grab (Wrist Lock #2) | (opponent grabs with palm facing down or inward) |
| Bear Hug Release | (Opponent is hugging from behind – escape by tripping the attacker & counter) |
| Catching a Front Snap Kick | (Attacked by Front Snap Kick – Move to the outside and trap the leg, trip and counter) |
| Side Head Lock | (Opponent is putting a headlock from the side) |
| Catching a Turning Kick | (Opponent performs a Turning Kick – follow the direction of the kick, trap the leg) |
| Defend against a Haymaker | (Opponent performs a Haymaker – Move under the arm, strike the neck and trap) |
| Choke from behind (sleeper) | (Opponent performs a rear choke – turn head and use the arms and hips to swing The opponent around) |

BOARD BREAKING REQUIREMENTS:

Power Breaking Only:

| | |
|-------------------------------|---|
| Stepping Reverse Hooking Kick | # of boards & size of board will vary** |
| Front Elbow Strike | # of boards & size of board will vary** |

*- candidates must perform both with right and left legs or hands.

** - depending on size (height & weight) as well as physical challenges/limits, the number of boards may vary per person.

Oral Test / Written Test Questions:

All the answers to the bullet points below are on this page below as well as on the following pages!

Your written and oral testing sections are going to start getting longer and more difficult. It will be important to study in advance – not wait until the week of your next promotion grading.

- Meaning of White Belt
- Meaning of Yellow Belt
- Meaning of Green Belt
- Meaning of Chon-Ji Tul
- Meaning of Dan-Gun Tul
- Meaning of Do-San Tul
- Meaning of Won-Hyo Tul
- Meaning of Yul-Gok Tul
- What is Continuous Motion
- What is Fast Motion
- What is Connecting Motion
- What is "Rising Motion"
- What is "Natural Motion"
- What is "Downward Motion"
- What is the ITF
- When was the ITF Founded
- Who were the founding countries of the ITF
- What is the OTFA
- What is the Theory of Power
- What is the point system in free sparring
- Name the first 3 Training Secrets

What is a "Rising Movement"?

Rising motion (ie: Rising Kick, Rising Block) is when the movement travels upward and passes higher than the eye level. When you are performing Rising Block – you should stop with the inside of the arm approximately 7cm (2.5 inches) over the fore head. When you are performing a Rising Kick – the goal is to get the leg as high as possible above the eye level.

What is a "Natural Movement"?

A natural movement is performed without acceleration. An example of a natural movement is hooking block. It is performed without adding any special speed, power or tension. Basically, you remain relaxed throughout the entire movement (including the completion).

What is a "Downward Movement"?

A downward movement is when the movement starts moving upwards (above the shoulders) as a backward motion and is then executed in a downward motion, stopping below the shoulders and before the navel (belly button) depending on the technique.

In the case of downward block – the movement finishes at the solar plexus level.

In the case of a downward kick – you are attacking the face (bridge of the nose) or collar bone

In the case of a downward strike – targets could vary from the face, collar bone, upper part of the spine

In the case of downward punch – you are punching low and looking down (only for this one movement)

White Belt

White symbolizes innocence as that of a beginner student who has no previous knowledge of Taekwon-Do.

Yellow Belt

Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green Belt

Green signifies the plant's growth as Taekwon-Do skills begin to develop

What is Continuous Motion?

Continuous Motion is when two or more movements are joined continuously by the breath. There are 2-sinewave motions, 2-separate movements with 2-exhales while in a continuous motion and only 1-breath.

What is Fast Motion?

Fast motion is two movements in succession where there is no interruption in rhythm and the sinewave does not restart for the 2nd movement. The breakdown is 2-movements, 2-breaths with 1 & 2/3 Sinewave motions.

What is Connecting Motion?

Connecting motion is two movements in succession sharing one sinewave. Usually it is a soft or natural motion followed by a normal or hard motion. The breakdown is 2-movements, 1-breaths and 1 Sinewave motion.

Chon-Ji Tul (19-movements)

Chon-Ji means literally "the heaven, the earth". It is in the Orient interpreted as the creation of the world or the beginning of human history, therefore is the initial pattern played by the beginner. This pattern has two similar parts, one to represent the heaven and the other, the earth.

Chon-Ji is performed by the Yellow Stripe

Dan-Gun Tul (21-movements)

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Dan-Gun is performed by Yellow Belt

Do-San Tul (24-movements)

Do-San is the pseudonym of the patriot Ahn-Chang Ho (1876 – 1938). The 24-movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Do-San is performed by the Green Stripe

Won-Hyo Tul (28-movements)

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

Won-Hyo is performed by the Green Belt

Yul-Gok Tul (38-movements)

Yul-Gok is the pseudonym of the famous philosopher and scholar Yi-I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements refer to his birthplace on the 38 degree latitude and the diagram (±) represents scholar.

Yul-Gok is performed by the Blue Stripe

The Meaning of ITF

ITF stands for International Taekwon-Do Federation which was created on March 22, 1966. There were 9-founding countries (Egypt, USA, Korea, Vietnam, Malaysia, Singapore, Turkey, West Germany & Italy).

The Training Secrets of Taekwon-Do

An old proverb says that even heaven cannot 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 reduce the power but require a tremendous amount of time to correct. On the other hand, under the proper guidance of a competent 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.
- 2) To understand the purpose and method of each movement clearly.
- 3) To bring the action of eyes, hands, feet and breath into one 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 defense.
- 6) Keep both the arms and legs bent slightly while movement is in motion.
- 7) All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
- 8) To create sine wave during the movement by utilizing the knee spring.
- 9) To exhale briefly at the moment of each blow except a connecting motion.

The Theory of Power

The average person uses only 10 to 20 percent of their potential while any person, regardless of their size, age, or sex who can be trained to use 100 percent of this potential using the "Theory of Power". It is broken down into 6-elements which are:

REACTION FORCE (Opposite Motions to counter balance the body)

- Newton's 3rd Law: For every action, there is an equal and opposite reaction.
- Having both arms to travel the same distance in opposite directions (arriving both hands at the same time, which will increase the overall power in the movement).

CONCENTRATION (Mental and Physical Focus)

- The smaller the attacking/blocking tool (surface area) the greater the force (power).
- Channeling the maximum energy through the correct attacking/blocking tool.

EQUILIBRIUM / BALANCE (Creating power through proper balance)

- It is also difficult to complete a blow or take a blow when not in balance.
- There are two kinds of equilibrium (balance). Balance while in motion and balance while still.

By keeping the body always in good balance, a blow is more effective and deadly. Conversely unbalanced is easily toppled. The stance should always be stable yet flexible, for both attack & defense.

MASS (Using the weight of your body to the fullest)

- Adding mass (weight) to a movement by either coordinating a stance or using the hip increases the power in a movement greatly.

Example: Walking Stance Middle Punch - By coordinating the stance (foot), the punch (hand) together you are increasing the power with the momentum of the movement because of the body mass.

BREATH CONTROL (Using the correct breathing for effective execution)

- Breathing is important as it allows the body to function (one can't live without breathing). Every activity requires various techniques or types of breathing as it uses different levels of energy.
- By breathing sharply at the end of the blow, one reinforces tensing the muscles of the body. This makes one physically stronger to deliver a blow as well as to receive an attack.

SPEED (Using acceleration... speeding up to maximum at impact)

- To speed up (or accelerate) to obtain maximum speed as the technique reaches the target
- The technique must start from a relaxed position in order to be able to accelerate to maximum speed

Sparring Point System

1 point for any punch (to the body or head)

2 points for any kick to the body / **3 points** for any kick to the head

DIRECTIONS HOW TO PERFORM YUL-GOK TUL (Pattern Yul-Gok)

Start: Parallel Ready Stance

1. Move the left foot to B forming a Sitting Stance toward D while extending the left fist to D horizontally.
Movement name: Sitting Stance Middle Punch (position only – not application)

In this movement – you are making a measure for the next movement

2. Execute a middle punch to D with the right fist while maintaining a Sitting Stance toward D.
Movement name: Sitting Stance Middle Punch

3. Execute a middle punch to D with the left fist while maintaining a Sitting Stance toward D.
Movement name: Sitting Stance Middle Punch

Perform movements #2 and #3 in a fast motion.

4. Bring the left foot to the right foot and then move the right foot to A forming a Sitting Stance toward D while extending the right fist to D horizontally
Movement name: Sitting Stance Middle Punch (position only – not application)

In this movement – you are making a measure for the next movement

5. Execute a middle punch to D with the left fist while maintaining a Sitting Stance toward D.
Movement name: Sitting Stance Middle Punch
6. Execute a middle punch to D with the right fist while maintaining a Sitting Stance toward D.
Movement name: Sitting Stance Middle Punch

Perform movements #5 and #6 in a fast motion.

7. Move the right foot to Ad forming a right Walking Stance toward AD while executing a middle side block to AD with the right inner forearm.
Movement name: Walking Stance Middle Inner Forearm Block

8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
Movement name: Low Front Snap Kick

9. Lower the left foot to AD forming a left Walking Stance toward AD while executing a middle punch to AD with the left fist.
Movement name: Walking Stance Middle Obverse Punch

10. Execute a middle punch to AD with the right fist while maintaining a left Walking Stance toward AD.
Movement name: Walking Stance Middle Reverse Punch

Perform movements #9 and #10 in a fast motion.

11. Move the left foot to BD forming a left Walking Stance toward BD at the same time executing a middle side block to BD with the left inner forearm.
Movement name: Walking Stance Middle Inner Forearm Block

12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.
Movement name: Low Front Snap Kick

13. Lower the right foot to BD forming a right Walking Stance toward BD while executing a middle punch to BD with the right fist.
Movement name: Walking Stance Middle Obverse Punch

14. Execute a middle punch to BD with the left fist while maintaining a right Walking Stance toward BD.
Movement name: Walking Stance Middle Reverse Punch

Perform movements #13 and #14 in a fast motion.

15. Execute a middle hooking block to D with the right palm while forming a right Walking Stance toward D, pivoting with the left foot.
Movement name: Walking Stance Middle Hooking Block

16. Execute a middle hooking block to D with the left palm while maintaining a right Walking Stance toward D.

Movement name: Walking Stance Middle Hooking Block

17. Execute a middle punch to D with the right fist while maintaining a right Walking Stance toward D.

Movement name: Walking Stance Middle Obverse Punch

Execute movements #16 and #17 in a connecting motion.

18. Move the left foot to D forming a left Walking Stance toward D while executing a middle hooking block to D with the left palm.

Movement name: Walking Stance Middle Hooking Block

19. Execute a middle hooking block to D with the right palm while maintaining a left Walking Stance toward D.

Movement name: Walking Stance Middle Hooking Block

20. Execute a middle punch to D with the left fist while maintaining a left Walking Stance toward D.

Movement name: Walking Stance Middle Obverse Punch

Execute movements #19 and #20 in a connecting motion.

21. Move the right foot to D forming a right Walking Stance toward D at the same time executing a middle punch to D with the right fist.

Movement name: Walking Stance Middle Obverse Punch

22. Turn the face toward D forming a right bending ready stance A toward D.

Movement name: Bending Ready Stance A

23. Execute a middle side piercing kick to D with the left foot.

Movement name: Middle Side Piercing Kick (with High Punch)

24. Lower the left foot to D forming a left Walking Stance toward D while striking the left palm with the right front elbow.

Movement name: Walking Stance Middle Front Elbow Strike

25. Turn the face toward C forming a left bending ready stance A toward C.
Movement name: Bending Ready Stance A
26. Execute a middle side piercing kick to C with the right foot.
Movement name: Middle Side Piercing Kick (with High Punch)
27. Lower the right foot to C forming a right Walking Stance toward C while striking the right palm with the left front elbow.
Movement name: Walking Stance Middle Front Elbow Strike
28. Move the left foot to E forming a right L-Stance toward E while executing a twin knife-hand block.
Movement name: L-Stance Twin Knife-hand Block
29. Move the right foot to E forming a right Walking Stance toward E while executing a middle thrust to E with the right straight finger tip.
Movement name: Walking Stance Middle Straight Fingertip Thrust
30. Move the right foot to F turning clockwise to form a left L-Stance toward F while executing a twin knife-hand block.
Movement name: L-Stance Twin Knife-hand Block
31. Move the left foot to F forming a left Walking Stance toward F while executing a middle thrust to F with the left straight finger tip.
Movement name: Walking Stance Middle Straight Fingertip Thrust
32. Move the left foot to C forming a left Walking Stance toward C while executing a high side block to C with the left outer forearm.
Movement name: Walking Stance Outer Forearm High Side Block
33. Execute a middle punch to C with the right fist while maintaining a left Walking Stance toward C.
Movement name: Walking Stance Middle Reverse Punch
34. Move the right foot to C forming a right Walking Stance toward C while executing a high side block to C with the right outer forearm.
Movement name: Walking Stance Outer Forearm High Side Block

35. Execute a middle punch to C with the left fist while maintaining a right Walking Stance toward C.
Movement name: Walking Stance Middle Reverse Punch
36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
Movement name: X-Stance High Backfist Side Strike
37. Move the right foot to A forming a right Walking Stance toward A at the same time executing a high block to A with the right double forearm.
Movement name: Walking Stance Double Forearm High Side Block
38. Bring the right foot to the left foot and then move the left foot to B forming a left Walking Stance toward B while executing a high block to B with the left double forearm.
Movement name: Walking Stance Double Forearm High Side Block

After completing movement #39, recite "YUL-GOK".

End: Bring the left foot back to a ready posture.