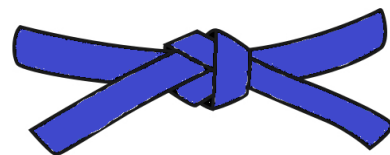


# WARRIOR CODE TAEKWON-DO ACADEMY



## The Blue Belt

### BLUE BELT STUDY SHEET

Each student should be training at this level for approximately 6-Months. Please keep in mind that this is the minimum wait time.

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 \$70 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.

### **PHYSICAL TEST REQUIREMENTS**

9 minutes of running laps

9 minutes of skipping

40 push ups / 40 sit ups / 40 squats / 30 Tuck Jumps

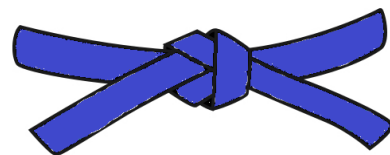
20 Speed Kicks on each leg (front snap kick / turning kick / side piercing kick / reverse hooking kick)

### **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	(learned at Blue Stripe)
Close Stance / Close Ready Stance B	(new at Blue Belt)
Rear Foot Stance	(new at Blue Belt)
Low Stance	(new at Blue Belt)

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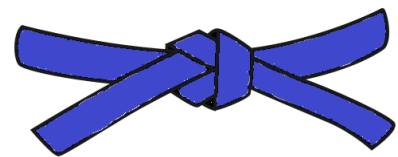


## The Blue Belt

### Hand Movements:

Parallel Stance Middle Punch	(learned at White Belt)
Walking Stance Middle Obverse & Reverse Punch	(learned at White Belt)
Walking Stance Low Forearm Block	(learned at White Belt)
Walking Stance 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 & Reverse 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 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	(learned at Blue Stripe)
Walking Stance Middle Front Elbow Strike	(learned at Blue Stripe)
L-Stance Twin Knife-hand Block	(learned at Blue Stripe)
X-Stance High Back Fist Side Strike	(learned at Blue Stripe)
Walking Stance High Double Forearm Side Block	(learned at Blue Stripe)
L-Stance Middle Reverse Knife-hand Side Block	(new at Blue Belt)
Rear Foot Stance Palm Upward Block	(new at Blue Belt)
Walking Stance Upper Elbow Strike	(new at Blue Belt)
Walking Stance Twin Fore-Fist Vertical Punch	(new at Blue Belt)
Walking Stance Twin Fore-Fist Upset Punch	(new at Blue Belt)
Walking Stance X-Fist Rising Block	(new at Blue Belt)
Low Stance Palm Pressing Block	(new at Blue Belt)
Close Stance Angle Punch	(new at Blue Belt)
Fixed Stance U-Shape Block	(new at Blue Belt)

# WARRIOR CODE TAEKWON-DO ACADEMY



## The Blue Belt

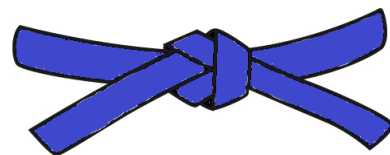
### Foot Techniques:

Front Rising Kick	(learned at White Belt)
Outward Crescent Kick	(learned at White Belt)
Inward Crescent Kick	(learned at White Belt)
Side Rising 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)
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)
Jumping Side Piercing Kick	(learned at Green Stripe)
180 Reverse Hooking Kick	(learned at Green Belt)
Jumping Back Piercing Kick	(learned at Green Belt)
Jumping Reverse Hooking Kick	(learned at Green Belt)
Vertical Kick	(learned at Blue Stripe)
Jumping 180 Reverse Hooking Kick	(learned at Blue Stripe)
180 Reverse Turning Kick	(new at Blue Belt)
Twisting Kick (Low, Middle & High)	(new at Blue Belt)

### Types of Motions:

Continuous Motion	(learned at Yellow Belt)
Fast Motion	(learned at Green Stripe)
Connecting Motion	(learned at Blue Stripe)
Slow Motion	(learned at Blue Belt)

# WARRIOR CODE TAEKWON-DO ACADEMY



## The Blue Belt

### 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)
Joong-Gun Tul	(Pattern Joong-Gun – 32 movements / blue belt level)

### SPARRING REQUIREMENTS:

#### 3-Step Sparring:

3-Step Sparring #1	(Attack with Middle Obverse Punch / Defend with Middle Inner Forearm Block)
3-Step Sparring #2	(Attack with Low Front Snap Kick / Defend with Low Forearm Block)
3-Step Sparring #3	(Attack with L-Stance Punch / Defend with L-Stance Inner Forearm Block)
3-Step Sparring #4	(Attack with L-Stance Punch / Defend with L-Stance Forearm Guarding Block)
3-Step Sparring #5	(Attack with Middle Turning Kick / Defend with Knife-hand Guarding Block)
3-Step Sparring #6	(Attack with High Obverse Punch / Defend with Outer Forearm Rising Block)

#### **White Belt to Yellow Belt level**

#### 2-Step Sparring:

2-Step Sparring #1	(Attack: Punch & Front Kick / Defend: Middle Inner Forearm & Low Forearm Blocks)
2-Step Sparring #2	(Attack: Punch & Turning Kick / Defend: Forearm Guarding & Knife-hand Guarding Block)
2-Step Sparring #3	(Attack: Turning Kick & High Punch / Defend: Knife-hand guarding block & Rising Block)
2-Step Sparring #4	(Attack: Front Kick & Front Grab / Defend: Low Knife-hand Block & Wedging Block)
2-Step Sparring #5	(Attack: Reverse Punch & Downward Kick / Defend: Hooking Block & Forearm Guarding)
2-Step Sparring #6	(Attack: Side Punch & Side Kick / Defend: Double Forearm Block & Downward Block)

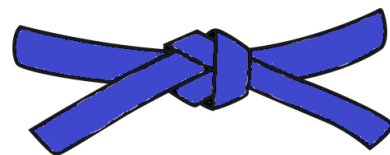
#### **Green Stripe to Blue Stripe Level**

#### 1-Step Sparring:

1-Step Sparring #1	(Attack with Middle Obverse Punch / Defend: step left to dodge and counter turning kick)
1-Step Sparring #2	(Attack with Middle Obverse Punch / Defend with Middle Knife-hand Guarding Block)
1-Step Sparring #3	(Attack with Middle Obverse Punch / Defend with Inward Crescent Kick)

#### **Blue Belt to Black Stripe level**

# WARRIOR CODE TAEKWON-DO ACADEMY



## The Blue Belt

### **Free Sparring:**

1-on-1 Sparring

### **For Levels Green Stripe & Up**

6-Rounds of 90 seconds

## **SELF-DEFENSE REQUIREMENTS:**

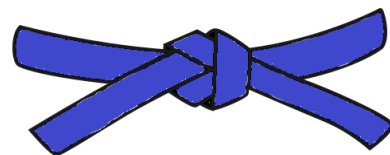
### **Self-Defense Requirements:**

Front, Side & Back Break Falls	(all performed from a standing position)
Wrist Releases	(demonstrate releasing, controlling & striking)
Front Choke	(demonstrate releasing, controlling & striking)
Front Grab Release	(must learn how to control the wrist and release the hold)
Front Roll	(perform from standing position – finish in a standing position)
Backward Roll	(perform from standing position – finish in a standing position)
Bear Hug Release	(Opponent is hugging from behind – escape by tripping the attacker)
Catching a Front Snap Kick	(Opponent performs a Front Snap Kick – Move to the outside and trap the leg)
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)
Front Head Lock	(Opponent is putting a headlock from the front)
Ground Choke	(Opponent is sitting on your stomach and applying a two handed choke)

### **Oral Test Questions:**

Meaning of the belt colors	(on the next pages)	Meaning of the patterns	(on the next pages)
What is continuous motion?	(on the next pages)	What is fast motion?	(on the next pages)
What is connecting motion?	(on the next pages)	What is slow motion?	(on the next pages)
Meaning of ITF?	(on the next pages)	ITF & TKD Birthdays?	(on the next pages)
What is the Theory of Power?	(on the next pages)	The Training Secrets	(on the next pages)

# WARRIOR CODE TAEKWON-DO ACADEMY



## The Blue Belt

Meaning of the Belt Colors, Meaning of the Patterns & Meaning Various Motions

### 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

### Blue Belt

Signifies heaven, toward which the plant matures into a towering tree as training in Taekwon-Do progresses.

### 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 2<sup>nd</sup> movement. The breakdown is 2-movements, 2-breaths with 1 & 2/3 Sinewave motions.

### 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.

### Dan-Gun Tul (21-movements)

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

### 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.

### Won-Hyo Tul (28-movements)

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

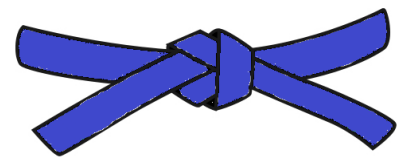
### Yul-Gok Tul (38-movements)

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

### Joong-Gun Tul (32-Movements)

Joong Gun is named after the patriot Ahn Joong Gun who assassinated Hiro Bumi Ito, the first Japanese governor general of Korea, who played a leading part in the Korea-Japan Merger. The 32 movements in this pattern represent Ahn Joong Gun's age when he was executed at Lui-Shing prison in 1910.

# WARRIOR CODE TAEKWON-DO ACADEMY



## The Blue Belt

### 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.

### What is Slow Motion?

Slow motion is designed to demonstrate the control, balance and beauty of a movement. The movement should be performed in a relaxed manner gradually moving toward the completed technique – with the movement performed correctly.

### 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

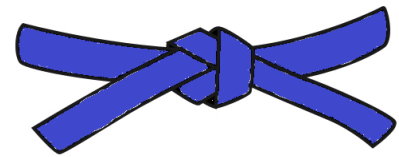
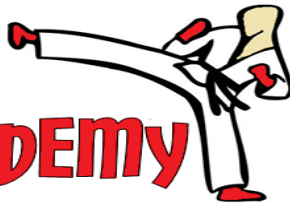
## The Training Secrets of Taekwon-Do

**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.



# WARRIOR CODE TAEKWON-DO ACADEMY



## The Blue Belt

### 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 balance the body)

- Newton's 3<sup>rd</sup> 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)

- 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**

(Bodyweight)

- 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)

- 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**

(Acceleration- to speed up)

- 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