

## STRIPE TESTING FOR BLUE STRIPE (5TH KUP)



### STRIPE #1 - FUNDAMENTALS

#### HAND FUNDAMENTALS

- Walking Stance Middle Palm Hooking Block
- Walking Stance Middle Front Elbow Strike
- L-Stance Twin Knife-hand Block
- X-Stance High Backfist Side Strike
- Walking Stance High Double Forearm Side Block

#### FOOT FUNDAMENTALS

- Jumping 180 Reverse Hooking Kick
- Inward Vertical Kick
- Outward Vertical Kick

*Above are the fundamental exercises for a student to earn the first stripe at Blue Stripe (5th Kup)*

*In order to pass the fundamental stripe, the student should also be able to demonstrate higher level of power, accuracy, with a sense of realism as well as demonstrating a proper sinewave.*

*As you move higher into the levels of Taekwon-Do, it is important that you learn to relax and breath properly (not only at the end of each motion - but during the movement as well),*

### STRIPE #2 - PATTERNS / STEP SPARRING

#### PATTERNS / FORMS

- WON-HYO TUL (Pattern Won-Hyo)  
28-Movements
- YUL-GOK TUL (Pattern Do-San)  
38-Movements

#### STEP SPARRING

- 2-Step Sparring #5
- 2-Step Sparring #6

*Patterns and Step Sparring Stripe is about taking the attack and defense techniques you learned in Fundamentals and placing them into a "memorized" choreographed routine.*

*In order to pass this stripe, the student must perform Won-Hyo Tul (the pattern of green belt) as well as Yul-Gok Tul (the blue stripe pattern).*

*You will need to learn both the attack and defense sections of 2-step sparring #5 & #6 - with a partner. Remember the additional rules of 2-Step Sparring:*

- 1) Always begins and ends with a Forearm Guarding Block
- 2) There is NO measure for this type of sparring
- 3) The attacker must perform a hand move & a foot move (in whichever order).

### STRIPE #3 - SPARRING / SELF-DEFENSE

#### SPARRING / SPARRING DRILLS

- Move Drill #1 to #5
- Jumping/Flying Punch attacking drill
- Semi-Free Sparring (2 rounds)\*\*
- Free Sparring (2 rounds)\*\*

*\*\* Sparring gear is required for this exercise*

#### SELF-DEFENSE

- Defend against Turning Kick (capture)
- Defend against a Haymaker punch
- Release from a Front Head Lock

*In this Stripe Testing... you will require Sparring Gear. We require all students of Warrior Code Taekwon-Do Academy to purchase their gear through us for 2-reasons.*

- 1) It is part of our insurance policy
- 2) We only use the top rated gear.

*Remember the point system for sparring when you are creating your strategies:*

*1-point for any punch / 2-points for any kick to the body & 3-points for any kick to the head.*

*All contact should be controlled (not hard) keeping your partners safety in mind!*