BLUE BELT

(4TH KUP)

TENETS OF TAE KWON-DO

COURTESY:	To be polite to everyone. You must always be courteous to your Instructors, seniors and fellow students.
INTEGRITY:	To be honest with yourself. You must be able to define the difference between right and wrong.
PERSERVERANCE:	To achieve a goal. Whether a higher grade or a new technique, you should never stop trying.
SELF CONTROL:	To always be in control of your actions. You must be able to live, work and train within your capabilities.
INDOMITABLE SPIRIT:	To show courage when you and your principles of pitted against overwhelming odds. You should do your utmost to never give up

THE FOUNDATION OF TAE KWON-DO

Tae Kwon-Do was inaugurated in South Korea on 11th April 1955, following extensive research and development by the founder Major General Choi Hong Hi, 9th Degree Black Belt (1918-2002).

Tae Kwon-Do was introduced into the United Kingdom in 1967.

One Martial Arts was founded in 2020.

1. General Terms	
Mid section upset	Dwijibo
Low section upset	Dwijibun

2. Parts of the body	
Side sole	Yop Bal Badak
Arc hand	Bandal Son
Side fist	Yop Joomuk

3. Stances	
Rear foot stance	Dwit Bal Sogi
Low stance	Nachuo Sogi

4. Basic Movements	
(a) Defensive	
X block	Kyocha Makgi
Pressing block	Noollo Makgi
Downward block	Naeryo Makgi
U shaped block	Digutja Makgi
(b) Offensive	
Turning punch	Dollyo Jirugi
Twin upset punch	Sang Dwijibo Jirugi
Upper elbow strike	Wi Palkup Taerigi
Back kick	Dwit Chagi
Pressing kick	Noollo Chagi
Side thrust kick	Yop Cha Tulgi
Twin straight forearm block	Sang Sun Palmok Makgi
Reverse turning hooking kick	Bandae Dollyo Goro Chagi

5. **Pattern (Tul)**	
Joong -Gun	32 moves
Joong-Gun is named after the patriot An 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 An's age when he was executed in Lui-Shung prison in 1910.	

Red belt – signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

Your 4th Kup Grading

Identify yourself

Combinations in line from patterns

Pattern – student's choice

Pattern – set by the grading examiner

Pattern – Joong-Gun

Focused kicks – Turning kick (ball of foot)

Free sparring

Theory – All theory up to this page.

Minimum training time before next grading – 3 months

Student Notes:
