GREEN BELT / BLUE STRIPE (5TH 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	
Jumping	Twigi

2. Parts of the body	
Elbow	Palkup
Knee	Moorup

3. Stances	
X stance	Kyocha Sogi

4. Basic Movements	
(a) Defensive	
Double forearm block	Doo Palmok Makgi
Hooking block	Golcho Makgi
X fist pressing block	Kyocha Nollo Makgi
Upward palm block	Ollyo Sonbadak Makgi
Twin knifehand block	Sang Sonkal Makgi
(b) Offensive	
Upset punch	Dwijibo Jirugi
Hooking kick	Golcho Chagi
Flat fingertip thrust	Opun Sonkut Tulgi
Crescent Kick	Bandal Chagi
Twin vertical punch	Sang Sewo Jirugi

5. **Pattern (Tul)**	
Yul-Gok	38 moves
Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536-1584 AD) nicknamed the "Confucius of Korea". The movements of this pattern represent his birthplace on the 38th degree latitude and the diagram represents "scholar".	

Blue belt – signifies heaven, towards which the plant matures into a towering tree as training in Tae Kwon-do progresses.

Your 5th Kup Grading

Identify yourself

Combinations in line from patterns

Pattern – student's choice

Pattern – set by the grading examiner

Pattern – Yul-Gok

2 for 2 legs only

1 step sparring

Theory – All theory up to this page.

Minimum training time before next grading – 3 months

Student Notes: