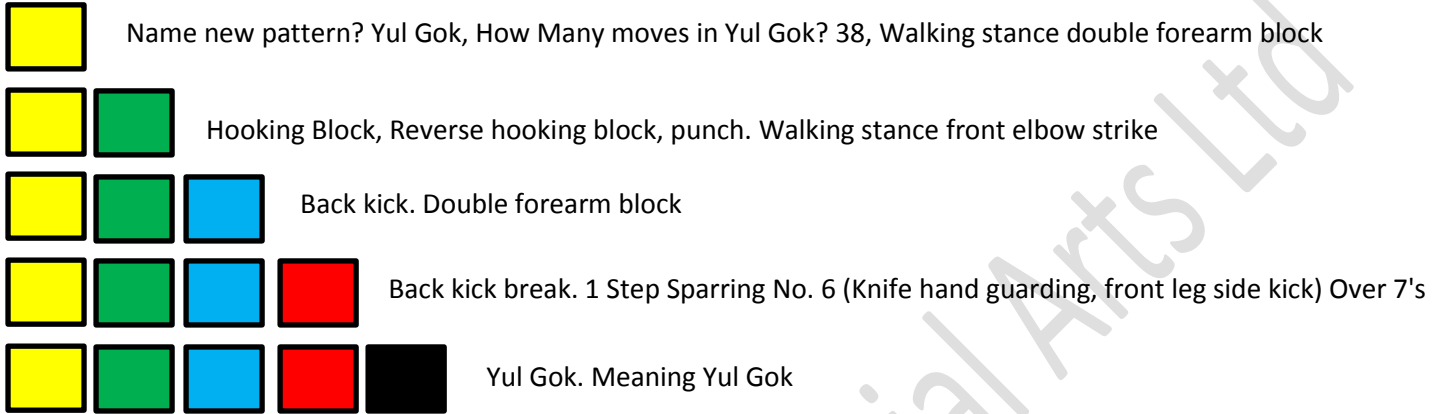


## Blue Stripe- Blue Belt



### Tip work for Warriors and juniors is as follows:



### The grading will be as follows:

1. Presentation and Etiquette
2. Walking stance front elbow strike
3. Walking stance double forearm block
4. Walking stance hooking block, rev hooking block punch
5. Back kick
6. Yul Gok
7. Free Sparring
8. 1 step sparring No6. Knife hand guarding block front leg side kick
9. Back kick break
10. Questions

### The following questions will need to be learned before progressing.

- **What is the interpretation of YUL GOK?** Yul Gok is the pseudonym of the great Philosopher and Scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38° latitude and the diagram ( ⊥ ) represents "scholar". (BLACK TIP)
- **What does the Blue Belt signify?** The Blue Belt signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.
- **How many moves in Yul Gok?** 38
- **What is the Korean for 1 step and free sparring?** 1 step- lilbo Matsogi Free Sparring- Chia Matsogi
- **What are the commands to start and stop during free sparring?** Seja- Start Hetcho- Stop
- **What are the target areas allowed in free sparring?** Anywhere on the front of the body and head, above the waist. No shots are allowed below the belt, or to the back of the opponent.