
















Green Belt – Blue Stripe



Tip work for Warriors and juniors is as follows:

-  Name new pattern - Won Hyo, How Many moves in Won Hyo? – 28, Hooking kick
-   Walking stance circular block, L Stance knife hand guarding block
-    L Stance twin forearm block inward knife hand strike, Elbow strike break
-     Bending ready stance side kick in rows, 1 step sparring No. 5 Over 7's
-      Won Hyo, Meaning of Won Hyo

The grading will be as follows:

1. Presentation and etiquette
2. Walking stance circular block
3. Bending ready stance side kick
4. L stance twin forearm block inward knife hand strike
5. Hooking kick
6. Won Hyo
7. Free Sparring
8. 1 step sparring No.5 Inward block spinning elbow strike
9. Breaking Elbow strike
10. Questions

The following questions will need to be learned before progressing.

- **How many moves are there in Won Hyo?** 28
- **Which part of the foot do we use to do a Side kick?** Bal Kal
- **Where are the 3 sections of the body?** High (Napande) head – shoulders Middle (Kaundae) shoulders - waist Low (Najunde) Waist - feet
- **What does the colour Blue mean?** The Blue Belt signifies the Heaven towards which the plant grows into a tree as training in TaekwonDo progresses.
- **What is the meaning of Won Hyo?** Won Hyo was a monk who introduced Buddhism to The silla dynasty in 686 A.d
- **Name 3 Kicks in Korean and demonstrate?** Front kick- Ap Chagi Turning Kick- Dollyo Chagi Side Kick- Yop Chagi Axe Kick- Nearyo Chagi Reverse turning kick- Bande Dollyo Chagi