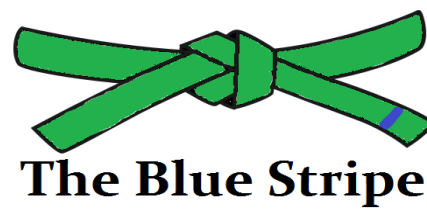


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BLUE STRIPE STUDY SHEET

Each student should be training at this level for approximately 5-Months. Please keep in mind that this is the minimum wait time.

We recommend each student to train at least 2 time per week with a maximum of 4 times a week. The Promotion Testing to achieve the next level is comprised of three parts:

- A) The Written Test
- B) The Physical Test
- C) The Technical Test

There is a fee of \$65 for this Promotion Test

Now that you have achieved Blue Stripe, you should be advised of some upcoming requirements:

- You must keep your school membership and your OTFA membership active.
- Before you can grade for the Blue Belt, you will again need to participate in both a competition and a seminar! Our school hosts one tournament each year as well as various seminars throughout the year. If you miss these events, there are other options hosted by other schools.

PHYSICAL TEST REQUIREMENTS

8 minutes of running laps

8 minutes of skipping

35 push ups / 35 sit ups / 35 squats / 25 Tuck Jumps

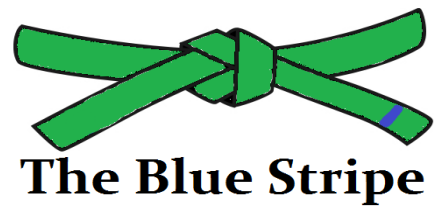
15 Speed Kicks on each leg (front snap kick / turning kick / side piercing kick / reverse hooking kick)

FUNDAMENTAL MOVEMENTS:

Stances:

Attention Stance	(learned at White Belt)
Parallel Stance / Parallel Ready Stance	(learned at White Belt)
Walking Stance / Walking Ready Stance	(learned at White Belt)
L-Stance / L-Ready Stance	(learned at Yellow Stripe)
Sitting Stance / Sitting Ready Stance	(learned at Yellow Stripe)
Close Stance / Close Ready Stance A	(learned at Green Belt)
Fixed Stance	(learned at Green Belt)
Bending Ready Stance A	(learned at Green Belt)
X-Stance	(new for Blue Stripes)

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The Blue Stripe

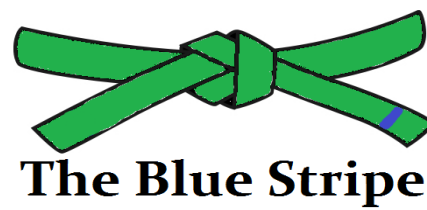
Hand Movements:

Parallel Stance Middle Punch	(learned at White Belt)
Walking Stance Middle Obverse Punch	(learned at White Belt)
Walking Stance Low Forearm Block	(learned at White Belt)
Walking Stance Low Knife-hand Block	(learned at White Belt)
Walking Stance Middle Inner Forearm Block	(learned at White Belt)
Walking Stance Middle Reverse Punch	(learned at White Belt)
Sitting Stance Middle Punch	(learned at Yellow Stripe)
L-Stance Middle Reverse Punch	(learned at Yellow Stripe)
L-Stance Middle Inner Forearm Block	(learned at Yellow Stripe)
L-Stance Middle Forearm Guarding Block	(learned at Yellow Stripe)
L-Stance Middle Knife-hand Guarding Block	(learned at Yellow Belt)
Walking Stance High Obverse Punch	(learned at Yellow Belt)
L-Stance Twin Forearm Block	(learned at Yellow Belt)
Walking Stance Outer Forearm Rising Block	(learned at Yellow Belt)
L-Stance Middle Knife-hand Side Strike	(learned at Yellow Belt)
Walking Stance High Reverse Punch	(learned at Yellow Belt)
Walking Stance High Outer Forearm Side Block	(learned at Green Stripe)
Walking Stance Middle Straight Fingertip Thrust	(learned at Green Stripe)
Walking Stance High Back-fist Side Strike	(learned at Green Stripe)
Walking Stance High Outer Forearm Wedging Block	(learned at Green Stripe)
L-Stance High Inward Knife-hand Strike	(learned at Green Belt)
Fixed Stance Middle Obverse Punch	(learned at Green Belt)
Walking Stance Middle Inner Forearm Circular Block	(learned at Green Belt)
Walking Stance Middle Hooking Block	(new for Blue Stripes)
Walking Stance Middle Front Elbow Strike	(new for Blue Stripes)
L-Stance Twin Knife-hand Block	(new for Blue Stripes)
X-Stance High Back Fist Side Strike	(new for Blue Stripes)
Walking Stance High Double Forearm Side Block	(new for Blue Stripes)

Be prepared to answer questions about the movements listed above!

What is the application? How do you cross the hands? How does the movement work?

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The Blue Stripe

Foot Techniques:

Front Rising Kick	(learned at White Belt)
Outward Crescent Kick	(learned at White Belt)
Inward Crescent Kick	(learned at White Belt)
Side Rising Kick	(learned at White Belt)
Front Snap Kick	(learned at White Belt)
Downward Kick	(learned at Yellow Stripe)
Turning Kick	(learned at Yellow Stripe)
Side Piercing Kick	(learned at Yellow Stripe)
Reverse Hooking Kick	(learned at Yellow Belt)
Back Piercing Kick (180 Back Piercing Kick)	(learned at Green Stripe)
180 Reverse Hooking Kick	(new for Green Belts)
Jumping Front Snap Kick	(new for Green Belts)
Vertical Kick	(new for Blue Stripes)
Jumping Turning Kick	(new for Blue Stripes)

Types of Motions:

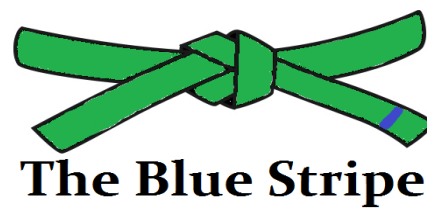
Continuous Motion	(learned at Yellow Belt)
Fast Motion	(learned at Green Stripe)
Connecting Motion	(new for Blue Stripes)

PATTERN REQUIREMENTS:

Patterns / Pattern Exercises:

Saju Jirugi	(Four Direction Punch – 14 movements total / white belt level)
Saju Makgi	(Four Direction Block – 16 movements total / white belt level)
Chon-Ji Tul	(Pattern Chon-Ji – 19 movements / yellow stripe level)
Dan-Gun Tul	(Pattern Dan-Gun – 21 movements / yellow belt level)
Do-San Tul	(Pattern Do-San – 24 movements / green stripe level)
Won-Hyo Tul	(Pattern Won-Hyo – 28 movements / green belt level)
Yul-Gok Tul	(Pattern Yul-Gok – 38 movements / blue stripe level)

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The Blue Stripe

SPARRING REQUIREMENTS:

3-Step Sparring:

- 3-Step Sparring #1
- 3-Step Sparring #2
- 3-Step Sparring #3
- 3-Step Sparring #4
- 3-Step Sparring #5
- 3-Step Sparring #6

White Belt to Yellow Belt level

- (Attack with Middle Obverse Punch / Defend with Middle Inner Forearm Block)
- (Attack with Low Front Snap Kick / Defend with Low Forearm Block)
- (Attack with L-Stance Punch / Defend with L-Stance Inner Forearm Block)
- (Attack with L-Stance Punch / Defend with L-Stance Forearm Guarding Block)
- (Attack with Middle Turning Kick / Defend with Knife-hand Guarding Block)
- (Attack with High Obverse Punch / Defend with Outer Forearm Rising Block)

2-Step Sparring:

- 2-Step Sparring #1
- 2-Step Sparring #2
- 2-Step Sparring #3
- 2-Step Sparring #4
- 2-Step Sparring #5
- 2-Step Sparring #6

Green Stripe to Blue Stripe Level

- (Attack: Punch & Front Kick / Defend: Middle Inner Forearm & Low Forearm Blocks)
- (Attack: Punch & Turning Kick / Defend: Forearm Guarding & Knife-hand Guarding Block)
- (Attack: Turning Kick & High Punch / Defend: Knife-hand guarding block & Rising Block)
- (Attack: Front Kick & Front Grab / Defend: Low Knife-hand Block & Wedging Block)
- (Attack: Reverse Punch & Downward Kick / Defend: Hooking Block & Forearm Guarding)
- (Attack: Side Punch & Side Kick / Defend: Double Forearm Block & Downward Block)

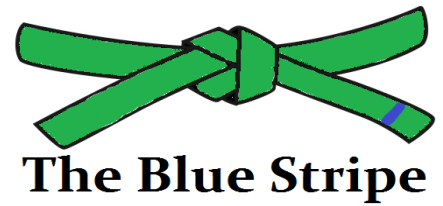
Sparring Drills / Sparring Exercises:

- Sparring Stance & Switch (create a comfortable sparring stance & practice switching legs quickly)
- Sparring Stance & Stepping (create a comfortable sparring stance & move stepping forward & backward)
- Switching Front Snap Kick (Perform a front snap kick with rear leg while switching stances)
- Switching Turning Kick (Perform a turning kick with rear leg while switching stances)
- 2-Punches & Front Snap Kick (combo of 2 punches -front hand & rear hand then a rear leg front snap kick)
- 2-Punches & Turning Kick (combo of 2 punches -front hand & rear hand then a rear leg turning kick)
- 2-Punches & Downward Kick (combo of 2 punches -front hand & rear hand then a rear leg downward kick)
- Sparring Stance & Double Step (create a comfortable sparring stance & double step forward & backward)
- Offensive Side Kick Drill (moving in to attack the opponent while using side piercing kick)
- Defensive Side Kick Drill (evading an attack from the opponent and countering using side piercing kick)
- Semi-Free Sparring (1-kick) (reaction type sparring – each player throws one kick at a time)
- Switching Turning Kick Drill (Perform a turning kick counter with rear leg while switching stances)
- Jumping Punch Drill – part 1 (Lunge toward the opponent and execute 2 punches in the air)

New Sparring Drills / Sparring Exercises:

- Jumping Punch Drill – part 2 (same as part 1 and add a turning kick with what was the rear foot – after landing)
- Free Sparring (Sparring Gear Required – Sparring 1-on-1 for 2-minute rounds)

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The Blue Stripe

SELF-DEFENSE REQUIREMENTS:

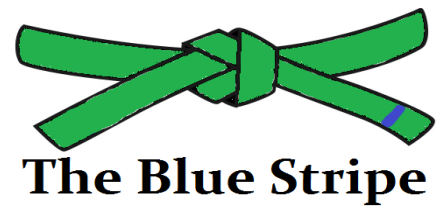
Self-Defense Requirements:

Front, Side & Back Break Falls	(all performed from a standing position)
Wrist Releases	(demonstrate releasing, controlling & striking)
Front Choke	(demonstrate releasing, controlling & striking)
Front Grab Release	(must learn how to control the wrist and release the hold)
Front Roll	(perform from standing position – finish in a standing position)
Backward Roll	(perform from standing position – finish in a standing position)
Bear Hug Release	(Opponent is hugging from behind – escape by tripping the attacker)
Catching a Front Snap Kick	(Opponent performs a Front Snap Kick – Move to the outside and trap the leg)
Side Head Lock	(Opponent is putting a headlock from the side)
Catching a Turning Kick	(Opponent performs a Turning Kick – follow the direction of the kick, trap the leg)
Defend against a Haymaker	(Opponent performs a Haymaker – Move under the arm, strike the neck and trap)
Choke from behind (sleeper)	(Opponent performs a rear choke – turn head and use the arms and hips to swing The opponent around)

Oral Test Questions:

Meaning of the belt colors	(on the next pages)	Meaning of the patterns	(on the next pages)
What is continuous motion?	(on the next pages)	What is fast motion?	(on the next pages)
What is connecting motion?	(on the next pages)	Meaning of ITF?	(on the next pages)
What is the Theory of Power?	(on the next pages)	The Training Secrets	(on the next pages)

WARRIOR CODE TAEKWON-DO ACADEMY



Meaning of the Belt Colors, Meaning of the Patterns & Meaning Various Motions

White Belt

White symbolizes innocence as that of a beginner student who has no previous knowledge of Taekwon-Do.

Yellow Belt

Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green Belt

Green signifies the plant's growth as Taekwon-Do skills begin to develop

What is Continuous Motion?

Continuous Motion is when two or more movements are joined continuously by the breath. There are 2-sinewave motions, 2-separate movements with 2-exhales while in a continuous motion and only 1-breath.

What is Fast Motion?

Fast motion is two movements in succession where there is no interruption in rhythm and the sinewave does not restart for the 2nd movement. The breakdown is 2-movements, 2-breaths with 1 & 2/3 Sinewave motions.

What is Connecting Motion?

Connecting motion is two movements in succession sharing one sinewave. Usually it is a soft or natural motion followed by a normal or hard motion. The breakdown is 2-movements, 1-breaths and 1 Sinewave motion.

Chon-Ji Tul (19-movements)

Chon-Ji means literally "the heaven, the earth". It is in the Orient interpreted as the creation of the world or the beginning of human history, therefore is the initial pattern played by the beginner. This pattern has two similar parts, one to represent the heaven and the other, the earth.

Chon-Ji is performed by the Yellow Stripe

Dan-Gun Tul (21-movements)

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Dan-Gun is performed by Yellow Belt

Do-San Tul (24-movements)

Do-San is the pseudonym of the patriot Ahn-Chang Ho (1876 – 1938). The 24-movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Do-San is performed by the Green Stripe

Won-Hyo Tul (28-movements)

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

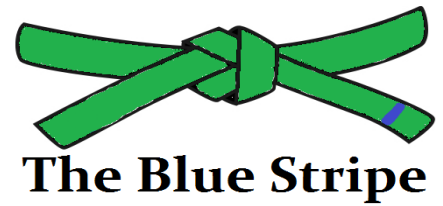
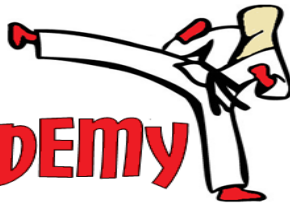
Won-Hyo is performed by the Green Belt

Yul-Gok Tul (38-movements)

Yul-Gok is the pseudonym of the famous philosopher and scholar Yi-I (1536-1584) nicknamed the "Confucious of Korea". The 38 movements refer to his birthplace on the 38 degree latitude and the diagram (±) represents scholar.

Yul-Gok is performed by the Blue Stripe

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The Blue Stripe

The Meaning of ITF

ITF stands for International Taekwon-Do Federation which was created on March 22, 1966. There were 9-founding countries (Egypt, USA, Korea, Vietnam, Malaysia, Singapore, Turkey, West Germany & Italy).

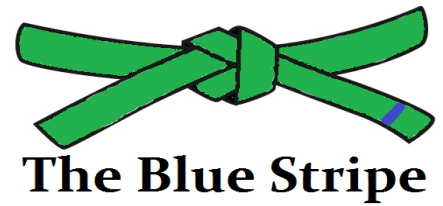
The Training Secrets of Taekwon-Do

An old proverb says that even heaven cannot make a diligent worker poor. However, in Taekwon-Do, diligence or intensive training alone does not produce quality techniques. On the contrary, instructions from a false or unqualified instructor would be worse than not being taught at all because unscientific movements not only reduce the power but require a tremendous amount of time to correct. On the other hand, under the proper guidance of a competent instructor, a student who trains earnestly with dedication will learn the true techniques of Taekwon-Do in a comparatively short period of time with less effort.

Students should keep in mind the following secrets:

- 1) To study the theory of power thoroughly.
- 2) To understand the purpose and method of each movement clearly.
- 3) To bring the action of eyes, hands, feet and breath into one single coordinated action.
- 4) To choose the appropriate attacking tool for each vital spot.
- 5) To become familiar with the correct angle and distance for attack and defense.
- 6) Keep both the arms and legs bent slightly while movement is in motion.
- 7) All movements must begin with a backward motion with very few exceptions. However, once the movement is in motion it should not be stopped before reaching the target.
- 8) To create sine wave during the movement by utilizing the knee spring.
- 9) To exhale briefly at the moment of each blow except a connecting motion.

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The Blue Stripe

The Theory of Power:

The average person uses only 10 to 20 percent of their potential while any person, regardless of their size, age, or sex who can be trained to use 100 percent of this potential using the "Theory of Power". It is broken down into 6-elements which are:

REACTION FORCE

(Opposite Motions to balance the body)

- Newton's 3rd Law: For every action, there is an equal and opposite reaction.
- Having both arms to travel the same distance in opposite directions (arriving both hands at the same time, which will increase the overall power in the movement).

CONCENTRATION

(Mental and Physical Focus)

- The smaller the attacking/blocking tool (surface area) the greater the force (power).
- Channeling the maximum energy through the correct attacking/blocking tool.

EQUILIBRIUM

(Balance)

- It is also difficult to complete a blow or take a blow when not in balance.
- There are two kinds of equilibrium (balance). Balance while in motion and balance while still.

By keeping the body always in good balance, a blow is more effective and deadly. Conversely unbalanced is easily toppled. The stance should always be stable yet flexible, for both attack & defense.

MASS

(Bodyweight)

- Adding mass (weight) to a movement by either coordinating a stance or using the hip increases the power in a movement greatly.

Example: Walking Stance Middle Punch - By coordinating the stance (foot), the punch (hand) together you are increasing the power with the momentum of the movement because of the body mass.

BREATH CONTROL

(Using the correct breathing)

- Breathing is important as it allows the body to function (one can't live without breathing). Every activity requires various techniques or types of breathing as it uses different levels of energy.
- By breathing sharply at the end of the blow, one reinforces tensing the muscles of the body. This makes one physically stronger to deliver a blow as well as to receive an attack.

SPEED

(Acceleration- to speed up)

- To speed up (or accelerate) to obtain maximum speed as the technique reaches the target
- The technique must start from a relaxed position in order to be able to accelerate to maximum speed