

LOW BLUE BELT TESTING REQUIREMENTS

**Note to parents of young students: Please help your child study and practice the required knowledge*

Pattern

Yul-Gok

Kicks

Reverse hook kick (offensive)

Hooking kick (defensive)

Twisting kick

Skip hook kick (offensive)

Flying turning kick

Flying side turning kick

Double kicks – multiple targets, more difficult kicks

Two consecutive kicks – multiple targets, more difficult kicks

Combination kicks – multiple targets, more difficult kicks

Hand Techniques

Hooking block with the palm

Front strike with the elbow

Twin block with the knife-hands

Double block with the inner forearm

New Stances

X-stance – jumping motion

Step Sparring: Intermediate 2-step sparring

**Print out the Step Sparring Worksheet at end of this document and memorize at least 3 and preferably all 5 routines.*

Ho Sin Sul (self defense)

Defend against single choke with the forearm from the rear

Defend against double choke from the front

Defend against a headlock from the side

One throw against a back piercing kick from L-stance

Capture a side piercing kick

Capture a front snap kick

Tournament Competition

Tournament competition is required for this rank. A minimum of one USTF tournament is required.

Breaking

Men

1 boards with front punch with forefist, side strike with back fist or inward strike with reverse knife-hand

2 boards with flying front snap kick or flying turning front kick,
or 3 boards with flying side piercing kick

Women/Juniors

1 board with downward strike with knife-hand

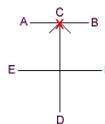
1 board with flying front snap kick or flying turning kick,
or 2 boards with flying side piercing kick

Required Knowledge

1. Yul-Gok pattern information:

Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1536 – 1584), nicknamed the "Confucius of Korea." The 38 movements refer to his birthplace on the 38th latitude and the pattern diagram represents the Chinese character for "scholar."

Diagram: Capital "scholar" sign



Number of moves: 38

2. The Meaning of Blue Belt

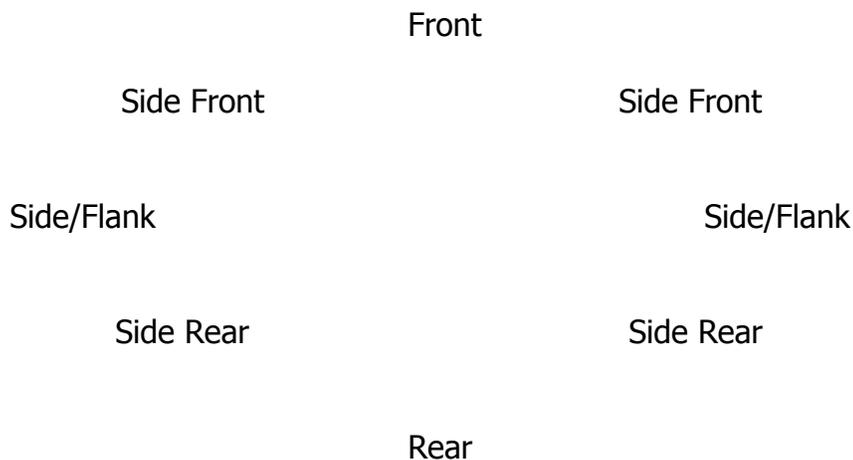
Blue signifies the heaven toward which the plant matures into a towering tree as training in Taekwon-Do progresses.

3. The Five Disciplines of Taekwon-Do Moral Culture Training

- a. Travel
- b. Mountain climbing
- c. Cold showers and baths
- d. Public service
- e. Etiquette

4. The Five Parts of the Physical Composition of Taekwon-Do
 - a. Fundamental exercises
 - b. Self-Defense
 - c. Dallyon (equipment maintenance, "forging," stretching, running, weight training, etc.)
 - d. Sparring
 - e. Patterns

5. The Relative Directions



6. Characteristics of an X-Stance (Kyocho Sogi):

length: 0 shoulder widths
measured from: front foot – n/a
rear foot – n/a

width: 0 shoulder widths
measured from: front foot – n/a
rear foot – n/a

weight distribution: 100% (front foot) / 0% (rear foot)

available facings: full, side or half

additional notes: Both feet point in the same direction. Both knees are bent evenly. The ball of the non-supporting foot lightly touches the ground. The non-supporting leg crosses in front when the stance is done in a stepping motion and in back when done in a jumping motion. This stance is named after the supporting foot.

length: 0 shoulder widths

measured from: front foot – n/a
rear foot – n/a

width: 0 shoulder widths

measured from: front foot – n/a
rear foot – n/a

weight distribution: 0% (front foot) / 100% (rear foot)

available facings: half

additional notes: The supporting foot faces the side and the supporting knee is bent. The non-supporting foot is positioned by the knee of the supporting leg. The hands are performing a middle guarding block with the outer forearms. This stance is named after the supporting foot.

INTERMEDIATE TWO STEP SPARRING (to test to Low Blue)
2 Attacks (Hand/Foot or Foot/Hand)
2 Counter Attacks (Hand/Foot or Foot/Hand)

1. A (Attacker) and D (Defender) come to Attention and bow to each other
2. A & D simultaneously step into Parallel Ready Stance (A steps with right foot, D steps with left foot)
3. D tells A which attacks and stances to use
4. A measures only if necessary (see pages 60-61 in yellow patterns book for protocol)
5. A steps back into L-Stance, executing Guarding
6. A kihaps to signal readiness to attack
7. D remains in Parallel Ready Stance or (simultaneously to A stepping back into L-Stance) steps back into L-Stance, executing Guarding Block
8. D kihaps to signal A to begin
9. A executes 2 attacks (hand/foot or foot/hand), D defends both, then D executes 2 counter attacks (hand/foot or foot/hand).
10. If last counter attack is a foot technique, D will step down into L-Stance with middle Guarding Block after the kick.
11. D then steps back into L-Stance with Guarding Block and kihap.
12. A and D simultaneously step into Parallel Ready Stance - **A steps forward, D steps backward.**
13. A and D switch roles and repeat the steps above. If re-measurement is needed, the new A comes to attention (signaling the new D to do the same), then the new A re-measures, and then continues at step 3.

*Technically, no double or consecutive foot techniques are allowed in 2 Step Sparring. However, since double and consecutive kicks are required for this level, they will be allowed. Also, the defender may block with a defensive foot technique then counter attack with an offensive foot technique (consecutively).

*Memorize stepping rules in yellow book on page 54

General Rules:

1. Select *counter* attacks & blocks required for your next testing (*attacks* should be kept basic).
2. Use correct terms when telling Attacker what to do.
3. Use few words.
4. No contact on attacks/counterattacks (but as close as possible). Light contact on blocks.
5. Demonstrate speed, power, control.
6. Demonstrate blocks/attacks to proper target and with proper tool.
7. Don't rush step sparring. This causes sloppiness.
8. Use proper measuring and good stances so as not to hurt your partner or throw off distancing.
9. Dodging should be used 1 or 2 time per your 5 total routines.
10. All Step Sparring should be done with a high degree of formality and courtesy.

Routine #1

Stance that Attacker will step into from Parallel Ready Stance to begin routine	Step back into left L-Stance, Guarding Block
First Attack	rear leg Side Front Snap Kick (left) (stepping forward into left Walking Stance)
First Defense	Circular Block with right Inner Forearm (stepping back from Parallel Ready Stance into left Walking Stance)
Second Attack	reverse Punch (right) (maintaining left Walking Stance)
Second Defense	left Hooking Block with Palm, then grab attacker's wrist (maintaining left Walking Stance)
First Counter Attack	lead leg Side Thrusting Kick (left) to ribs, while continuing to hold attacker's wrist
Second Counter Attack	Step left foot down into left Walking Stance then reverse Punch (right). *step backward to L-Stance/Guarding Block & Kihap

Routine #2

Stance that Attacker will step into from Parallel Ready Stance to begin routine	Step back into left L-Stance, Guarding Block
First Attack	left Punch <i>(setting down into left Walking Stance)</i>
First Defense	Double Block with right Inner Forearm <i>(stepping back from Parallel Ready Stance into right Walking Stance)</i>
Second Attack	Side Front Snap Kick (right) <i>(setting down into a Left L-Stance)</i>
Second Defense	Dodge backward into right L-Stance
First Counter Attack	jump into right X-Stance w/ right Backfist Strike
Second Counter Attack	Shift backward to get proper distancing, then consecutive kick: Revere Hook Kick (left) + Side Turning Kick (left) <i>*step backward to L-Stance/Guarding Block & Kihap</i>

Routine #3

Stance that Attacker will step into from Parallel Ready Stance to begin routine	Step back into right L-Stance, Guarding Block
First Attack	right Punch <i>(into right Walking Stance)</i>
First Defense	Twin Block with Knife-hands <i>(from Parallel Stance into right L-Stance)</i>
Second Attack	rear leg Side Kick (left) into right L-Stance
Second Defense	Dodge backward into left L-Stance
First Counter Attack	Flying Side Turning Kick (left)
Second Counter Attack	Straight Fingertip Thrust (right) <i>(into left Walking Stance)</i> <i>*step backward to L-Stance/Guarding Block & Kihap</i>

Routine #4

Stance that Attacker will step into from Parallel Ready Stance to begin routine	Step back into right L-Stance, Guarding Block
First Attack	right Punch into right Walking Stance
First Defense	Defensive Hooking Block with Palm (left) <i>(from Parallel Ready Stance, stepping back left Walking Stance)</i>
Second Attack	rear leg Side Kick (left), landing into right L-Stance
Second Defense	Dodge backward <i>(changing into left L-Stance)</i>
First Counter Attack	lead leg Skip Hook Kick (right) then set right foot into right Walking Stance
Second Counter Attack	right High Punch <i>*step backward to L-Stance/Guarding Block & Kihap</i>

Routine #5

Stance that Attacker will step into from Parallel Ready Stance to begin routine	Step back into right L-Stance, Guarding Block
First Attack	lead leg Side Front Kick (left), into left Walking Stance
First Defense	Low Block with Knife-hand (right) <i>(from Parallel Ready Stance, stepping back with left foot into right Walking Stance)</i>
Second Attack	Reverse Punch (right) <i>(maintaining left Walking Stance)</i>
Second Defense	Double Block with left Inner Forearm <i>(maintaining right Walking Stance)</i>
First Counter Attack	Low section Twist Kick (right) to inner thigh <i>(stepping down into right Walking Stance)</i>
Second Counter Attack	Front Strike with Elbow (right), pulling opponent inward with left hand <i>*step backward to L-Stance/Guarding Block & Kihap</i>

Additional Routine Idea – think about incorporating Reverse Hook Kick and/or other Combination Kicks