

Promotion Requirements

for Blue Stripes (6th Gup)

CURRENT BELT:



Basic Techniques

Hand Techniques:

Double outer middle block, Fingertip Strike, Backfist Strike, Knifehand Blocks, High X-block

Kicking Techniques

Step in back kick, Step in Axe kick (bent leg variation also), Padachagi (sliding back turning kick)

Breaking Techniques:

Back kick, Jumping back-kick, reverse turning kick

Sparring Step Drills

From Left Sparring Stance (Right leg back)

13) Jumping (Counter) Back Kick

- Slide the front foot back and simultaneously execute a back leg back kick.
- Step forward with right leg to right sparring stance, then ilbo hoojin (step back) back to original stance.

Note: This kick is more of switch motion, than a jump.

14) Front Leg Hook Kick

- Move right foot forward to the back of the left foot.
- Execute left hook kick to high section

15) Reverse Turning Kick

- Execute a reverse turning kick. Complete full rotation to return to original stance.

One Step Sparring Drills

10) X-Block, Knee Strike, Twist Arm, Elbow Strike

- Move left foot forward to left front stance, and execute high open hand X-block (right hand inside of the two hands).
- Grab the wrist from X-Block, and execute right knee strike landing back to left front stance.
- Twist the arm, and step behind the partner's back.
- Execute left elbow strike to the partner's spine.

11) Step Aside, Turning Kick, and Nal Ah Bam

- Move half step in 10:30 direction with left foot, and execute right turning kick to midsection.
- Continue traveling same direction (rotating counter-clockwise) and execute right Nal Ah Bam to midsection. Continue turning one extra half-rotation to face your partner.

12) Step Aside, Side Kick, Back Kick, Backfist and Punch

- Move Half Step toward 1:30, and execute left side kick.
- Execute right back kick.
- Step forward to right back stance, and execute right backfist to the temple.
- Open up to right front stance, and execute high left punch.

TAE GEUK SA CHANG

MOVEMENTS: 20

DEFINITION: Represents actions of Jin of Palgwe symbolizing thunder. Thunder can instill fear in many. The taekwondoist should understand that troublesome times require a sound mind and bravery to overcome it.

- 1) Turn **90 degrees** to the **left** with left leg into **left back stance** with **left knifehand guarding block**.
- 2) Move forward with right leg into **right front stance** with **left push block** followed by **right middle guarding fingertip**.
- 3) Turn **180 degrees** to the **right** with front(right) leg into **right back stance** with **right knifehand guarding block**.
- 4) Move forward with left leg into **left front stance** with **right push block** followed by **left middle guarding fingertip**.
- 5) Turn **90 degrees** to the **left** with front(left) leg into **left front stance** with **left high block** and **right outer knifehand strike** to the neck area simultaneously.
- 6) Throw **back(right) leg front kick** and land forward into **right front stance** with **left middle punch**.
- 7) Throw **back(left) leg side kick**.
- 8) Throw **back(right) leg side kick** and land forward into **right back stance** with **right knifehand guarding block**.
- 9) Turn **270 degrees** to the **left** with back(left) leg into **left back stance** with **left outside middle block**.
- 10) Throw **back(right) leg front kick**, and land back to the **original stance**, and execute **right out-to-in middle block**.
- 11) Turn **180 degrees** to the **right** into **right back stance** by readjusting both feet (do not move, just pivot), and execute **right outside middle block**.
- 12) Throw **back(left) leg front kick**, and land back to the **original stance** and execute **left out-to-in middle block**.
- 13) Turn **90 degrees** to the **left** with back(left) leg into **left front stance** with **left high block**, and **right outer knifehand strike** to the neck area.
- 14) Throw **back(right) leg front kick**, and land forward into **right front stance** with **right backfist** to the sternum.
- 15) Turn **90 degrees** to the **left** with back(left) leg into **left walking stance** with **left out-to-in middle block**. Immediately follow with **right middle punch**.
- 16) Turn **180 degrees** to the **right** with back(right) leg into **right walking stance** with **right out-to-in middle block**. Immediately follow with **left middle punch**.
- 17) Turn **90 degrees** to the **left** with back(left) leg into **left front stance** with **left out-to-in middle block**.
- 18) Execute **right middle punch** and **left middle punch**. (17 & 18 are one count)
- 19) Move forward with right leg into **right front stance** with **right out-to-in middle block**.
- 20) Execute **left middle punch** and **right middle punch**. Ki-Up loudly. (19 & 20 are one count)

WON HYO

MOVEMENTS: 28

DEFINITION: Named after the prominent Buddhist monk, Won Hyo, during the Silla period of Korea (seventh century). He was responsible for introducing and developing pure land Buddhism to the Silla Dynasty and successfully converting over eighty percent of the Silla population.

FROM HIGH JOONBI STANCE:

1. Turn **90 degrees** to the **left** with left leg into **left back stance** with **left double forearm block** (right high block with left outside middle block).
2. Open and extend both arms, and execute **right outer knifehand strike** to the neck area while **left hand grabs and pulls** imaginary opponent toward right shoulder.
3. Pull in front(left) leg and then go back out into **left extended back stance** with **left middle punch**. (1-2-3 all one count)
4. Turn **180 degrees** to the **right** by pulling in left leg toward right and right going out into **right back stance** with **right double forearm block** (left high block and right outside middle block).
5. Open and extend both arms, and execute **left outer knifehand strike** to the neck area while **right hand grabs and pulls** imaginary opponent towards left shoulder.
6. Pull in front(right) leg and then go back out into **right extended back stance** with **right middle punch**. (4-5-6 all one count)
7. Turn **90 degrees** to the left by pulling in right leg towards left, and execute **left forearm guarding block** with **left shin guard stance**.
8. Throw **front(left) leg middle side kick**, and land forward into **left back stance**.
9. Execute left knifehand guarding block. (8-9 one count)
10. Move forward with right leg into **right back stance** with **right knifehand guarding block**.
11. Move forward with left leg into **left back stance** with **left knifehand guarding block**.
12. Move forward with right leg into **right front stance** with **right middle guarding fingertip**.
13. Turn **270 degrees** to the **left** with back(left) leg into **left back stance** with **left double forearm block**.
14. Open and extend both arms, and execute **right outer knifehand strike** to the neck area while **left hand grabs and pulls** imaginary opponent towards right shoulder.
15. Pull in front(left) leg and then go back out into **left extended back stance** with **left middle punch** with. (12-13-14 one count)
16. Turn **180 degrees** to the **right** by pulling in left leg towards right and right going out into **right back stance** with **right double forearm block**.
17. Open and extend both arms, and execute **left outer knifehand strike** to the neck area while **right hand grabs and pulls** imaginary opponent towards left shoulder.
18. Pull in front(right) leg and then go back out into **right extended back stance** with **right middle punch**. (16-17-18 one count)
19. Turn **90 degrees** to the left by pulling right leg towards left and left leg into **left front stance** with **right sweep block** (upper body twisted toward front leg).
20. Throw **back(right) leg front kick** landing into **right front stance**.
21. Execute **left middle punch**. (20-21 one count)
22. Without changing the stance, execute **left sweep block** (upper body twisted toward front leg).
23. Throw **back(left) leg front kick** landing into **left front stance**.
24. Execute **right middle punch**. (23-24 all one count)
25. Moving forward with back(right) leg, execute **right forearm guarding block** with **right shin guard stance**.
26. Throw **front(right) leg middle sidekick**, and plant right foot close to the left. Then turn **270 degrees** to the **left** with left leg into **left back stance**.
27. Execute **left forearm guarding block**. (27-28 one count)
28. Turn to **180 degrees** by pulling **left leg in** towards right and **right out** into **right back stance** with **right forearm guarding block**. Ki-Up.