

BRIDGNORTH TAE KWON-DO



Required Theory: 5th Kup: Blue Stripe to Blue Belt

(Korean terms are in brackets and italics).

Significance of Colours on Belts

BLUE signifies the heaven towards which the plant matures into a towering tree as Tae Kwon-Do training progresses.

Movements

- X stance: *(Kyocha sogi)*
- Bending ready stance: *(Goburyo junbi sogi)*
- High section inner forearm block: *(Nopunde an palmok makgi)*
- High section hooking block: *(Nopunde golcha makgi)*
- Twin knife hand block: *(Sang solkal makgi)*
- High section double forearm block: *(Nopunde doo palmok makgi)*
- High section outer forearm block: *(Nopunde bakat palmok makgi)*
- Middle section fore-fist punch: *(Kaunde ap joomuk jirugi)*
- Middle section reverse punch: *(Kaunde bandae jirugi)*
- Middle side piercing kick: *(Kaunde yop cha jirugi)*
- Hooking kick: *(Goro chagi)*
- Twisting kick: *(Bituro chagi)*
- Middle section front elbow strike: *(Kaunde ap palkup taerigi)*
- High section back fist strike: *(Nopunde dung joomuk taerigi)*
- Semi free sparring: *(Ban-jayoo matsoki)*
- Free sparring: *(Jayoo matsoki)*
- Two step sparring: *(Ibo matsoki)*

Pattern Meaning

Yul-Gok Tul is the pseudonym of the great philosopher and scholar Yi I (1536-1584 AD) nicknamed the Confucius of Korea.

**** The GTI Handbook contains more detailed theory information and is available to purchase.*

The examiner may ask any question, not limited to those on this sheet.

*You must ALWAYS revise theory from previous belts.****