

# Blue Belt (5<sup>th</sup> Grade)

## Techniques

1. All lower belt techniques
2. X Stance
3. Hooking Grab Block
4. Connected Motion
5. Twin Knife Hand Block
6. Double Forearm Block
7. Middle Section Front Elbow Strike
8. Double Front Turning Kick
9. Step Behind Hooking Kick
10. Step on the Box Prep
11. Jumping Front Kick
12. Jumping Ax Kick

## Board Breaking

1. Front Kick

## Three Step Sparring

Review all lower belt combinations.

13. Twin knife-hand block with a spear hand defense. (L = forward/backward)
14. Double forearm block with lunge punch defense. (W = forward, L = backward)
15. Hooking grab block with a punch defense. (W = forward, L = backward)

## One Step Self Defense

Review all lower belt combinations.

15. Stationary right inward palm block; slide forward into right L stance with right elbow strike follow with left elbow strike.
16. Jump left forward into sitting stance; left palm block; 1-2 punch; grab opponent's right shoulder with your right hand; right foot mid-section front turning kick; right foot sweep; right reverse punch with yell.
17. Stationary right inward palm block; slide forward into right L stance; right elbow strike; left elbow strike; high-section right elbow strike.

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## Sparring Combinations

Review all lower belt combinations.

17. Front Foot Reverse Crescent Kick - Rear Leg Front Turning Kick - Back Fist - Reverse Punch
18. Front Foot Reverse Crescent Kick - Rear Leg Front Turning Kick - Back Kick
19. Front Foot Reverse Crescent Kick - Rear Leg Ax Kick - Double Punch
20. Front Foot Reverse Crescent Kick - Rear Leg Double Front Turning Kick

## Pattern

1. All lower belt patterns
2. Yul-Gok

## Vocabulary

1. Yul-Gok is the pseudonym of the great philosopher and scholar Yi-I (1536-1584) who was nicknamed the “Confucius of Korea”. The 38 movements refer to his birthplace on the 38th latitude. The diagram of the pattern (+ over -) represents scholar.
2. Blue belt signifies the Heaven, toward which the plant matures into a towering tree as Taekwon-Do training progresses.
3. Theory of Power part one and part two.

## What to expect from this belt:

This level is probably the most difficult colored belt to get through for all students, regardless of age. There are many challenges that students face as they enter into the “Advanced” belt levels and most of these challenges seem to manifest during the blue belt ranks. Techniques get significantly more difficult, with the first spinning techniques being introduced, new preparations, and more difficult combinations of techniques within patterns and self defense/sparring drills. Equally, if not more so, difficult are the feelings of stagnation that hit primarily at low blue for children and High Blue/Low Red for adults. Specifically, by this level students have close to three years of training and have worked hard but see Black Belt as a step that is still far away. For children, the most common thing that parents hear is “I don’t feel like going” and then parents say “he/she loves it when he/she gets here but...”. The best course of action for children is making sure that Mr. B and the other instructors know so that efforts can be made in class to help. Another idea is having the student come in for lower belt classes to help lower belt students; this helps children develop a sense of pride in their ability because they begin leading others. Additionally, one or two private lessons with Mr. B are pretty certain to help them over the hump. It is really the first test of Indomitable Spirit and Perseverance within Taekwon-Do training for children. *Adults tend to feel similar frustration, although it tends to hit 3-6 months later than children, and unfortunately adults don’t tend to communicate it to Mr. B, or instructors, as well as parents do. So make sure you bring these struggles to your instructors.*

This level is also where students can begin to learn how to assist with team leading other classes. As stated, this is an exceptional method for improving technique and countering feelings of frustration.

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## **First part of the Theory of Power: Speed (Sokodo)**

Speed is how fast you can move a distance in a period of time. How fast you can change your speed is acceleration. Acceleration is the most essential factor of force. Scientifically, a force is a push or pull that is equal to an object's mass multiplied by acceleration ( $F=ma$ ). According to this theory if an object moves with the acceleration due to gravity then the object will have more force.

This very principle is applied to this particular art of self-defense. For this reason, at the moment of impact, the position of the hand normally becomes lower than the shoulder and the foot lower than the hip while the body is in the air. Thus working with gravity to accelerate you mass and therefore increasing your force.

Reaction force, breath control, equilibrium, concentration and relaxation of the muscles cannot be ignored. However, these are the factors that contribute to the speed and all these factors, together with flexible and rhythmic movements, must be well coordinated to produce the maximum force of power.

## **Second part of the Theory of Power: Concentration (Jip Joong)**

By applying the impact force onto the smallest target area, it will concentrate the force and therefore increase its pressure and effect. For example, the force of water coming out of a water hose is greater if the orifice is smaller because the force remains the same as the area becomes smaller and therefore increasing its pressure/concentration. Conversely, weight/force of a man spread out on snowshoes makes hardly any impression on the snow due to the larger area. The blows in Taekwon-Do are often concentrated onto the edge of the open palm or to the crook of the fingers. It is very important that you should not unleash all your strength at the beginning but gradually, and particularly at the point of contact with your opponent's body, the force must be so concentrated as to give a knock-out blow. That is to say, the smaller the area for the concentration, the greater the power of the blow will be. The utmost concentration is required in order to mobilize every muscle of the body onto the smallest target area simultaneously.

In conclusion, concentration is done in two ways: one is to concentrate every muscle of the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body because they have more mass) towards the appropriate tool to be used at the proper time; the second way is to concentrate such mobilized muscles onto the opponent's vital spot. This is the reason why the hip and abdomen are jerked slightly before the hands and feet in any action, whether it is an attack or defense. Remember, jerking can be executed in two ways: laterally and vertically.

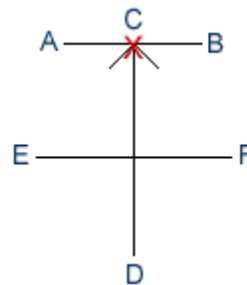
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## Yul-Gok

### Blue/5th Grade

### Movements: 38

### Ready Posture: Parallel Ready Stance



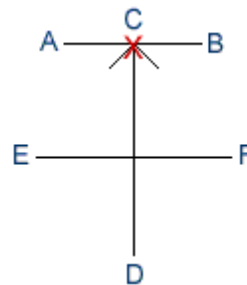
1. Move the left foot to B forming a sitting stance toward D while extending the left fist to D horizontally.
2. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D.
3. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D. Perform 2 and 3 in a fast motion.
4. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while extending the right fist to D horizontally.
5. Execute a middle punch to D with the left fist while maintaining a sitting stance toward D.
6. Execute a middle punch to D with the right fist while maintaining a sitting stance toward D. Perform 5 and 6 in a fast motion.
7. Move the right foot to AD forming a right walking stance toward AD while executing a middle side block to AD with the right inner forearm.
8. Execute a low front snap kick to AD with the left foot keeping the position of the hands as they were in 7.
9. Lower the left foot to AD forming a left walking stance toward AD while executing a middle punch to AD with the left fist.
10. Execute a middle punch to AD with the right fist while maintaining a left walking stance toward AD. Perform 9 and 10 in a fast motion.
11. Move the left foot to BD forming a left walking stance toward BD at the same time executing a middle side block to BD with the left inner forearm.

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12. Execute a low front snap kick to BD with the right foot keeping the position of the hands as they were in 11.

13. Lower the right foot to BD forming a right walking stance toward BD while executing a middle punch to BD with the right fist.

14. Execute a middle punch to BD with the left fist while maintaining a right walking stance toward BD. Perform 13 and 14 in a fast motion.



15. Execute a middle hooking block to D with the right palm while forming a right walking stance toward D, pivoting with the left foot.

16. Execute a middle hooking block to D with the left palm while maintaining a right walking stance toward D.

17. Execute a middle punch to D with the right fist while maintaining a right walking stance toward D. Execute 16 and 17 in a connecting motion.

18. Move the left foot to D forming a left walking stance toward D while executing a middle hooking block to D with the left palm.

19. Execute a middle hooking block to D with the right palm while maintaining a left walking stance toward D.

20. Execute a middle punch to D with the left fist while maintaining a left walking stance toward D. Execute 19 and 20 in a connecting motion.

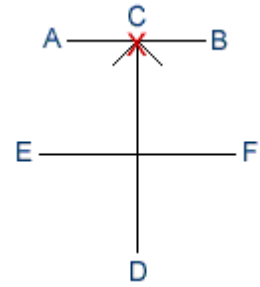
21. Move the right foot to D forming a right walking stance toward D at the same time executing a middle punch to D with the right fist.

22. Turn the face toward D forming a right bending ready stance A toward D.

23. Execute a middle side piercing kick to D with the left foot.

24. Lower the left foot to D forming a left walking stance toward D while striking the left palm with the right front elbow.

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25. Turn the face toward C forming a left bending ready stance A toward C.
  26. Execute a middle side piercing kick to C with the right foot.
  27. Lower the right foot to C forming a right walking stance toward C while striking the right palm with the left front elbow.
  28. Move the left foot to E forming a right L-stance toward E while executing a twin knife-hand block.
  29. Move the right foot to E forming a right walking stance toward E while executing a middle thrust to E with the right straight fingertip.
  30. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin knife-hand block.
  31. Move the left foot to F forming a left walking stance toward F while executing a middle thrust to F with the left straight fingertip.
  32. Move the left foot to C forming a left walking stance toward C while executing a high side block to C with the left outer forearm.
  33. Execute a middle punch to C with the right fist while maintaining a left walking stance toward C.
  34. Move the right foot to C forming a right walking stance toward C while executing a high side block to C with the right outer forearm.
  35. Execute a middle punch to C with the left fist while maintaining a right walking stance toward C.
  36. Jump to C forming a left X-stance toward B while executing a high side strike to C with the left back fist.
  37. Move the right foot to A forming a right walking stance toward A at the same time executing a high block to A with the right double forearm.
  38. Bring the right foot to the left foot and then move the left foot to B forming a left walking stance toward B while executing a high block to B with the left double forearm.
- END: Bring the left foot back to a ready posture.