

5th kup - Green Belt and Blue Tag

Blue belt signifies the heavens towards which the plant matures into a towering tree
- Training in Tae Kwon-Do continues.

Green Belt Blue Tag Line Work

Name and grade, position 1 (and so on...)

Forwards: left leg, circular block, front snap kick, (land) reverse punch.

Backwards: hooking block combination (from Yul Gok tul).

Forwards: L-stance, side kick, reverse side kick, back to guard.

Step turn: L-stance, side kick, reverse side kick, back to guard.

Forwards: L-stance, turning kick, reverse turning kick, back to guard.

Step turn: L-stance, turning kick, reverse turning kick, back to guard.

Barrol.

Pattern: Student's choice.

Pattern: Examiner's choice.

Pattern: Yul Gok.

2-step sparring (numbers 1 to 4).

3-step semi-free sparring (intermediate).

Barrol.

Questions.