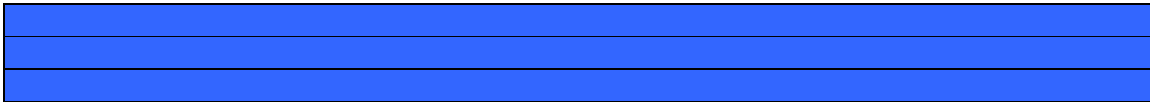


5th Kup - Green Belt/Blue tag Study.



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



Parts of Body

Arc hand	-	Bandalson
Eolgul	-	Face
Ip	-	Mouth
Waist	-	Huri
Habinsin	-	Foot parts

Stance – Sogi

'X'	-	Kyocho
Diagonal	-	Sasun

Misc. Technical

Downward punch	-	Naeryo jirugi
High elbow strike	-	Nopun palkup taerigi
Knife hand low guarding block	-	Sonkal najunde daebi makgi
Palm pressing block	-	Sonbadak noollo makgi
'U' shaped block	-	Diguta makgi
'X' fist rising block	-	Kyocho joomuk chookyo makgi
Palm pushing block	-	Sonbadak miro makgi
Flat fingertip thrust	-	Opun sonkut tulgi

Measurements of Stance

Diagonal stance is similar to sitting stance except the heel of the front foot is on the same line as the toes of the rear foot. When the right is in front, the stance is called a right diagonal stance and so on.

Two Step Sparring (Ibo Matsoki) 1-4

Starting position

Right leg back L-stance, Forearm Guarding block for Attacker and Narani Junbi Sogi for Defender.

1.

ATTACK High punch (right Walking stance), then execute leg front snap kick from rear leg (finishing in left Walking ready stance).

DEFENCE Left leg back (into right Walking stance), outer forearm rising block, right leg back (into left Walking stance), 'X' fist pressing block.

COUNTER Twin-fist vertical punch.

2.

ATTACK Side punch (right leg forward into right Fixed stance), then execute a left turning kick from rear leg (finishing in right L-stance with hands in guarding position).

DEFENCE Right leg back (into right 'L' stance), palm upward block, left leg back (into left 'L' stance), outward waist block with right outer forearm.

COUNTER Slide forward (into right 'L' stance), right side elbow thrust.

3.

ATTACK Front snap kick with rear leg, lower the right foot to the front so that a step forward has been made, then step forward (into left Walking stance) execute twin-fist vertical punch.

DEFENCE Right leg back (into left Walking stance), 'X' fist pressing block, left leg back (into right Walking stance), high outer forearm wedging block.

COUNTER Grab the opponent's shoulders/upper arms and execute a middle knee kick with left leg.

4.

ATTACK Flat obverse fingertip thrust (into right Walking stance), then execute a left middle side piercing kick with rear leg, landing into a sitting stance at the diagonal (45°) where the Defender has pushed you.

DEFENCE Right leg back (into left Walking stance), knife hand rising block, left leg back (into left 'L' stance), inwards palm pushing block with right palm, (turning the opponent 45°).

COUNTER Low front snap kick with left leg targeting the coccyx, lower the left foot (into left Walking stance), twin-fist upset punch to kidneys.

Basic kicks

To include reverse turning kick; reverse side kick; axe kick; step-through turning kick.

Basic combinations from Patterns & Set Sparring

Inner forearm block, front kick double punch
Obverse, reverse palm hooking block, obverse punch
Bending ready stance 'A', side kick, front elbow strike
And so on...

Semi Free Sparring (Ban jayoo Matsoki) Variation on attacks (Advanced)

Kicking attacks only (3 the same), hand attacks only, kicking attacks only (all different), kicking and hand attacks (mixed). Any hand counter attack.

Self-defence Techniques (Hosin Sul) No 6. Any defence to a double-handed strangle from the front + previous defence.

Pad Work (Byogae)

Measure Kick using Turning kick and possibly other kicks too.

Destruction Techniques (Breaking)

Examiner's choice of basic hand & foot techniques (18 yrs + only).