

BLUE STRIPE

TAEKWON-DO REQUIREMENTS

5TH GUP (BLUE STRIPE) test for 5TH GUP (DOUBLE BLUE STRIPE)

Name: (Please print First and Last)	Signature:	Age:
I hereby request to be tested for a higher rank and agree that the examiner shall be the only persons who are qualified to place me on the basis of my technique, knowledge of the art and attitude.		Date of completion:

ATTENDANCE

Attend a minimum of 32 Beginning level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 9: DATE _____	<input type="checkbox"/> 17: DATE _____	<input type="checkbox"/> 25: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 10: DATE _____	<input type="checkbox"/> 18: DATE _____	<input type="checkbox"/> 26: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 11: DATE _____	<input type="checkbox"/> 19: DATE _____	<input type="checkbox"/> 27: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 12: DATE _____	<input type="checkbox"/> 20: DATE _____	<input type="checkbox"/> 28: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 13: DATE _____	<input type="checkbox"/> 21: DATE _____	<input type="checkbox"/> 29: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 14: DATE _____	<input type="checkbox"/> 22: DATE _____	<input type="checkbox"/> 30: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 15: DATE _____	<input type="checkbox"/> 23: DATE _____	<input type="checkbox"/> 31: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 16: DATE _____	<input type="checkbox"/> 24: DATE _____	<input type="checkbox"/> 32: DATE _____

In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.)

CITIZENSHIP (Social & Academic)

On going demonstration of good discipline:
COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT

At home, school, and public (Including grade point average)

<input type="checkbox"/> COMPLETE _____ DATE:	Parent's Name: (If the student is under the age of 18): _____ Parent's Signature: _____
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In Studio

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): _____ Examiner's Signature: _____
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STANCES

OX-stance

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): _____ Examiner's Signature: _____
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HAND TECHNIQUES

- Hooking block with the palm
- Front strike with the elbow
- Twin block with the knife-hands
- Double block with the inner forearm

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): _____ Examiner's Signature: _____
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► CONDITIONING

- Star Jump's (40)
- Jumping Squats (40)
- Knuckle Push-ups (20)
- 8 count body builders (20)
- Leg Raise's (2 minutes)
- Jumping Lunges (40)
- Knee to Standing Jump (30)
- Stretching - Side & Front Splits, Feet together

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

► KICKING

- Reverse Hook kick
- Hooking Kick (defensive)
- Twisting Kick
- Flying Turning Kick
- Flying Side Turning Kick
- Double Kicks
- Two consecutive Kicks

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

► PATTERN

- Yul-Gok

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

► BREAKING

Children (Ages 13 and under)

- 1/2 Board Reverse Hook kick
- 1/2 Board Front Elbow Strike

Women & Juniors (Juniors age 13 to 17)

- 1/2 Board Reverse Hook kick
- 1/2 Board Front Elbow Strike

Men (Ages 18 and above)

- 1 Board Reverse Hook kick
- 1 Board Front Elbow Strike

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name):
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► REQUIRED KNOWLEDGE

- Counting to 60 in Korean:

51 - Swin HANA	56 - Swin YASUT
52 - Swin DOOL	57 - Swin ILGOP
53 - Swin SET	58 - Swin YAUDUL
54 - Swin NET	59 - Swin AHAUL
55 - Swin TASUT	60 - YESUN

- **Yul-Guk pattern Interpretation:** Yul-Gok is the pseudonym of the great philosopher and scholar Yi I (1526-1584), nicknamed the "Confucius of Korea." The 38 movements refer to his birthplace on 38th latitude and the pattern diagram represents the Chinese character for "scholar."

Yul-Gok has 38 movements, and its diagram is in the shape of a "plus sign" with a small line across and a small "v" at the bottom.

- **The meaning of Blue Belt:** Blue signifies the heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

- **The 5 disciplines of Taekwon-Do Moral Culture as listed in General Choi's encyclopedia:**

Travel
Public service
Mountain climbing
Etiquette
Cold showers and baths

- **The 5 parts of the "Physical Composition" of Taekwon-Do:**

Fundamental movements
Dallyon (Equipment Maintenance, "Forging," Stretching, Running, Weight training, etc.)
Patterns
Sparring
Self-Defense

- **The Characteristics of an X-Stance (Kyocha Sogi):**

This X-Stance is performed standing on one leg and therefore has no length or width. The weight is all on the stationary leg with the ball of the other foot touching the floor slightly and with the non-supporting leg crossed either in front or behind it (crossed in front when stepping and behind when jumping) and with both legs bent. This stance is named for the stationary leg and is performed full, side, or half facing.

- Compete in at least (1) Tournament

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature: