



BLUE TAG (5th KUP) THEORY

TAE KWON DO BACKGROUND

Meaning of Blue Belt

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

TECHNICAL WORDS

Technique	English Translation
Doo palmok makgi	Double forearm block
Golcho chagi	Hooking kick
Sonkal dung daebi makgi	Reverse knifehand guarding block
Dwijibo jirugi	Upset punch

Stance	English Translation
Kyocha sogi	X-stance

Direction	English Translation
Twigi	Jumping

Body Part	English Translation
Palkup	Elbow

Pattern	
What is the meaning of Yul-Gok?	Yul-Gok is the pseudonym of a great philosopher and scholar Yi I (1536-1584), who was nickname the "Confucius of Korea." The 38 movements in this pattern refer to his birthplace on 38° latitude and the diagram represents "scholar".
How many moves in Yul-Gok?	38



"Explain to me" Questions

What is two-step sparring, and why do we do it?

Designed for intermediate students to learn more advance techniques.

Also uses the same timing and distance as in three-step sparring, but with more varied attacks, thus allowing the attacking student to develop various combinations.