

# PROMOTION TO BLUE BELT

- 1. Why do you perform an arc hand block?**  
*To use to grab the opponents arm after blocking.*
- 2. In Yul Gok, what is the last technique?**  
*High double forearm block.*
- 3. Who founded Korea?**  
*Holy Dan Gun.*
- 4. What does an inner forearm circular block defend against?**  
*A front kick (knocking your opponent off balance).*
- 5. In Yul Gok, what is the stance called when you perform with a back fist?**  
*X stance.*
- 6. What is the meaning of blue belt?**  
*Please see below.*
- 7. What are the dates mentioned in pattern Yul Gok?**  
*1536 to 1584.*
- 8. How many movements are there in pattern Yul Gok and what is its meaning?**  
*Please see below.*
- 9. Why do we learn two step sparring?**  
*Two step sparring is designed for the intermediate student to learn more advanced techniques, practising timing and distance, but with more varied attacks.*
- 10. What was the date Tae Kwon Do was founded?**  
*April 11<sup>th</sup> 1955.*
- 11. \* What are the basic leg muscles?**  
Tensor Fascia Latae - located to the outside of the pelvis.  
Hamstrings - this large group of muscles are located on the back of the upper legs, and are a muscle group made up of three different muscles.  
Quadriceps - located on the opposite side of the leg to the Hamstring group (front). A grouping of four muscles on the top of the leg.  
Sartorius: This is the longest muscle in the body.  
Gastrocnemius (calf): located in the rear of the lower leg.  
Arch Tendon: Although not a muscle, it is the primary force used in getting into the correct position for kicking.

## MEANING OF BELT COLOURS

BLUE: Signifies the heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.

## Yul-Gok Tul (38 movements)

Yul-Gok is a pseudonym of a great philosopher and scholar Yi I (1536 - 1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on 38 degree latitude and the diagram of the pattern represents scholar.

To be learnt when you are a blue stripe, 5<sup>th</sup> Kup.