

## 4th Kup (blue belt)

### 1) Basics

Wen seogi	Left side stance
Oreun seogi	Right side stance
Dwikkoa seogi	Forward cross stance
Mejumeok naeryochigi	Downward hammerfist
Deungjumeok apchigi	Backfist
Palkup dollyochigi	Elbow strike with palm support
Palkup pyojeokchigi	Elbow target strike into the open palm
Oreunbal yop chagi	Side kick with sideways hammerfist

Kibon Oh (Preparation exercise for Taeguk Oh-Jang – 16 movements)

### 2) Revision

Any of Taeguk 1-3

Taeguk 4 - Sa-Jang (Meaning: Thunder - 20 movements)

### 3) Poomsae

Taeguk 5 – Oh Jang (Meaning: Wind – 20 movements)

### 4) Ilbo Taeryon (Partner exercises – 1-step-fight)

6 techniques

All candidates will be examined on the attack and the defence during the partner exercises.

### 5) Stepping exercises

Free stepping exercises in line drill format. The student is expected to simulate sparring with an imaginary partner. The objective is to move down the hall using sparring steps consisting of the entire variety that has been learned before.

### 6) Kick paddle exercises

All kicking exercises are to be performed from a fighting stance with a Kihap during the performance of the technique. A selection of all previously learned techniques will be examined.

### 7) Kyorugi

2x 1.5 min sparring in fight gear. No headshots are permitted; however, they can be hinted without contact. The overall performance will be judged.

### 8) Self-defence

Holding dobok on one side; holding dobok on both sides; choking from the front; choking from behind. Plus techniques from previous gradings.

## 9) Theory

Explanation Poomsae:

### What is a Poomsae/pattern?

A Poomsae/pattern is a series of fundamental movements, mainly defence and attack, set in a logical sequence to deal with one or more imaginary opponents. Patterns are an indication of a student's progress, a way of evaluating and individual's technique.

### Why do we perform Poomsae?

Poomsae are practiced to improve Taekwondo techniques. When practicing, students develop flexibility of movement, master body shifting, improve sparring technique, and learn balance and breath control. Poomsae enable students to acquire techniques which cannot be obtained from other forms of training.

The following points should be considered when performing Poomsae:

1. Correct posture and facing must be maintained at all times.
2. Muscles should be tensed or relaxed at critical moments during the exercise.
3. The exercise should be performed in a rhythmic motion with the absence of stiffness.
4. Each movement should be accelerated or slowed down according to the instructions.
5. Students should be able to perform a Poomsae precisely and confidently before moving to the next Poomsae in the syllabus.
6. Students should know the purpose of each movement.
7. Each movement should be separate, sharp and performed with conviction

## 10) Board breaking

1 board (ap-chagi, yop-chagi or sonnal-chigi)

Not for U14

1cm for U18 Female

1.5 cm for U18 Male

2cm for O18 Female

2.5 cm for O18 Male

**Pass Grade: 70%**