

WU'S TAE KWON DO SCHOOL (CANADA)

#120 FAIRCHILD SQ., 4400 HAZELBRIDGE WAY, RICHMOND, B.C. CANADA V6X 3R8
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BLUE BELT SYLLABUS

BLUE BELT (4 GEUP) TO BLUE RED BELT (3 GEUP)

1. Poomsae – Taeguk 5
2. Step Sparring – 5 x Blue Belt Step Sparring
3. Kicking
 - White to Green Blue Belt Kicking
 - Jump Back Hook Kick
4. Free Sparring
5. Taeguk 4 and 5 x Green Blue Belt Step Sparring (13 years old and up)
6. Minimum 20 Lessons of Training