

WU'S TAE KWON DO SCHOOL (CANADA)

#120 FAIRCHILD SQ., 4400 HAZELBRIDGE WAY, RICHMOND, B.C. CANADA V6X 3R8
INQUIRY: (604)278-8721 WWW.WUSTAEKWONDO.COM

BLUE RED BELT SYLLABUS

BLUE RED BELT (3 GEUP) TO RED BELT (2 GEUP)

1. Poomsae – Taeguk 6
2. Self Defense – 6 x Blue Red Belt Self Defense
3. Kicking
 - White to Blue Belt Kicking
 - 360° Jump Roundhouse Kick
4. Free Sparring
5. Taeguk 5 and 5 x Blue Belt Step Sparring (13 years old and up)
6. Minimum 20 Lessons of Training