

# **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

## **GREEN BLUE BELT SYLLABUS**

### **GREEN BLUE BELT (5 GEUP) TO BLUE BELT (4 GEUP)**

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