

### What does Blue Belt Signify?

Blue Belt signifies the Heaven, towards which the plant matures into a towering tree as training in Tae Kwon-Do progresses.

### When was the BTC formed?

21<sup>st</sup> April 1988

### What is the difference between 2-step and 3-step sparring?

2-step sparring requires a more complex combination of techniques in defence and attack, therefore greater emphasis on focus, distance and timing is required.

### What is Korean for Free Sparring?

Jayoo Matsoki

### What is Korean for 2-step sparring?

Ibo Matsoki

### What is the Blue Tag Pattern?

Yul Gok Tul

### What is the meaning of Yul Gok Tul & how many movements does it have?

Yul Gok is the pseudonym of the great 16<sup>th</sup> Century philosopher and scholar Yi I (pronounced Yee Eye) 1536 – 1584, nicknamed the Confucius of Korea. The 38 movements represent his birthplace on the 38<sup>th</sup> degree line of latitude.  
38 movements.

### Korean Translations

'X' Stance	Kyocha Sogi
Back Fist High Side Strike	Dung Joomuk Nopunde Yop Taerigi
'X' Fist Pressing Block	Kyocha Joomuk Noollo Makgi
Palm Upward Block	Sonbadak Ollyo Makgi
Double Forearm Block	Doo Palmok Makgi
Grasping Block	Butjuba Makgi
Palm Hooking Block	Sonbadak Golcho Makgi
Twin Knife Hand Block	Sang Sonkal Makgi
Outer Forearm Waist Block	Bakat Palmok Hori Makgi
Elbow Front Strike	Palkup Ap Taerigi
Twin Upset Punch	Sang Dwijibo Jirugi
Flat Fingertip Thrust	Opun Sonkut Tulgi
Twin Vertical Punch	Sang Sewo Jirugi
Knee Kick	Moorup Chagi
Side Elbow Thrust	Yop Palkup Tulgi
Back Fist Side Strike	Dung Joomuk Yop Taerigi
Side Punch	Yop Jirugi
Reverse Turning Kick	Bandae Dollyo Chagi
Front Snap Kick	Ap Cha Busigi