



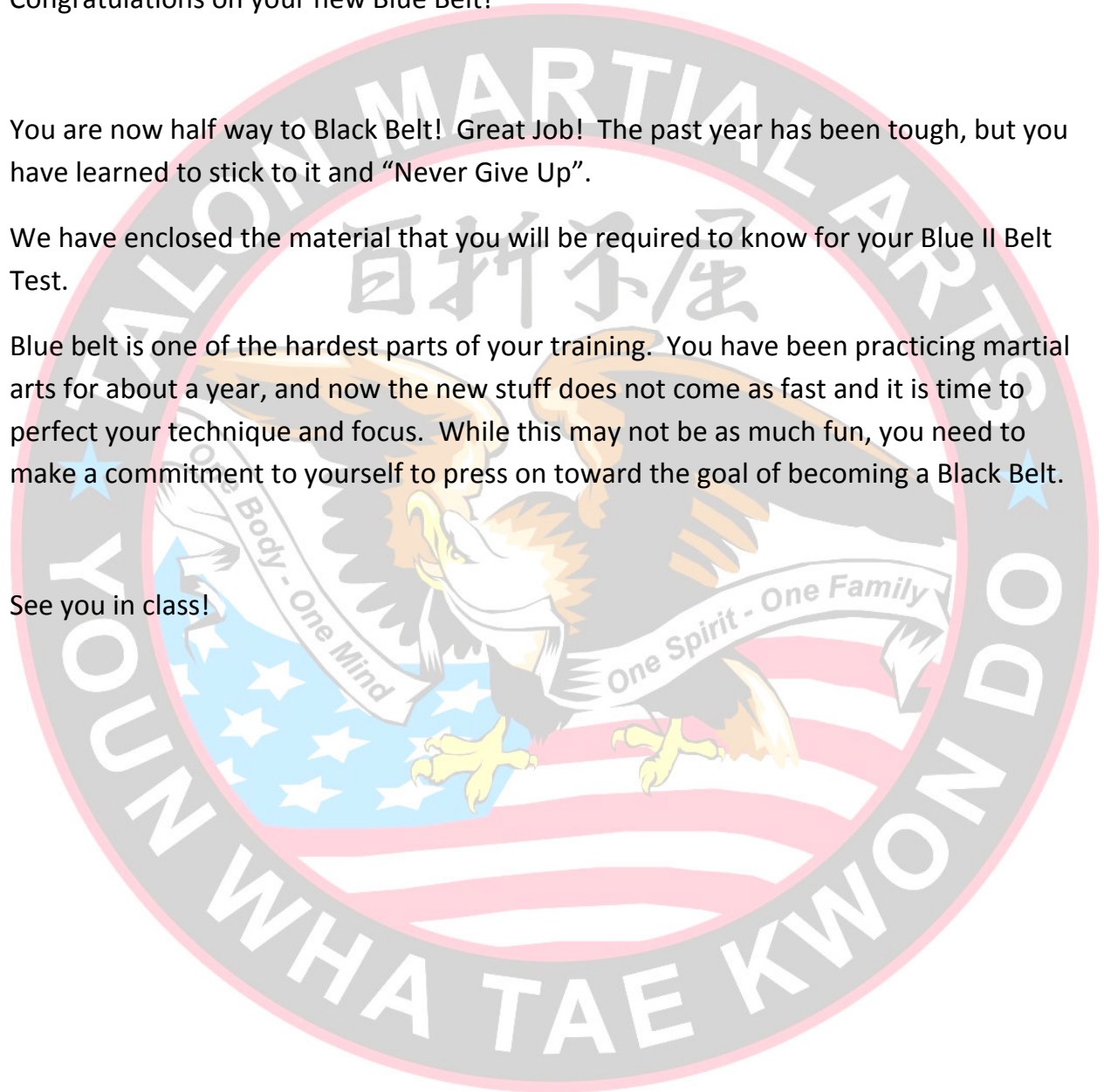
Congratulations on your new Blue Belt!

You are now half way to Black Belt! Great Job! The past year has been tough, but you have learned to stick to it and “Never Give Up”.

We have enclosed the material that you will be required to know for your Blue II Belt Test.

Blue belt is one of the hardest parts of your training. You have been practicing martial arts for about a year, and now the new stuff does not come as fast and it is time to perfect your technique and focus. While this may not be as much fun, you need to make a commitment to yourself to press on toward the goal of becoming a Black Belt.

See you in class!





## Blue Belt Coupon

In honor of receiving your Blue Belt, we would like to present this coupon for 15% off any order from Century Martial Arts. You might need a new uniform, want a pair of Nunchuka, or a Wavemaster for your home. The choice is up to you. You can order from the catalog at your school, or look online at [CenturyMartialArts.com](http://CenturyMartialArts.com) and tell us what you want.



Talon Martial Arts



Blue Belt Coupon

15% off any Century Order

*Limit 1 per student. Expires when you get your Red Belt. No cash value.*

# Blue I to Blue II Class Tracker & Requirements

Classes:

*(enter the dates  
you attend class)*


Sparring:

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<b>Blue II Test</b> <b>2 Months/24 classes/4 Sparring</b>
<p><u>Forms Katas</u></p> <p>Palgue Form 4</p> <p>Palgue Form 5</p> <p>Palgue Form 6</p> <p><u>Kicks</u></p> <p>Fighting Pattern 3</p> <p>Fighting Pattern 4</p> <p>Triple Motion Front Kick</p> <p>Alternate Exchange Roundhouse</p> <p>Alternate Jump Back Kick</p> <p>Exchange Round House Jump Back Kick</p> <p>Jump Side Kick</p> <p>Wheel Kick</p> <p>Round House Spin Hook Kick</p> <p>Outside In Crescent Jump Spin Crescent</p> <p>Basic Technique</p> <p>Frnt Stnce w/Frnt Kick W/ Dbl Punch</p> <p>Down Block</p> <p>Outside Block</p> <p>Center Double Punch</p> <p>Inside Block</p> <p>Outside Chop</p> <p>Inside Chop</p> <p>Double Center Block</p> <p>Side Punch</p> <p>Back Stance W/Rnd Hse W/Punch</p> <p>Double Down Block</p> <p>Double Center Block</p> <p>Double Low Knife Hand</p> <p>Double Center Knife Hand</p> <p><u>One Steps 1-10</u></p> <p><u>Free Sparring</u></p> <p>One 1 Minute Round</p>

# PALGUE FORM VI

# (Pal-Gwe Yook-Chang)

## ACTION SINGLE CHOON BI

1	1	TURN LEFT 90°, LEFT DOUBLE KNIFE HIGH	BACK STANCE
	2	RIGHT FRONT SNAP KICK, STEP FORWARD RIGHT CENTER PUNCH COMBINATION	FRONT STANCE
2	3	TURN RIGHT 180°, RIGHT DOUBLE KNIFE HIGH	BACK STANCE
	4	LEFT FRONT SNAP KICK, STEP FORWARD LEFT CENTER PUNCH COMBINATION	FRONT STANCE
3	1	TURN LEFT 90°, LEFT HAND DOWN BLOCK, RIGHT HAND INSIDE CHOP & LEFT OPEN HAND HIGH BLOCK COMBINATION	FRONT STANCE
	2	RIGHT FRONT SNAP KICK, LEAP FORWARD RIGHT HAND BACK FIST, LEFT HAND ABDOMEN PUNCH (UNDER RIGHT ELBOW) (KIAI)	RIGHT STOMP (100% BALANCE ON RIGHT FOOT)
4	1	TURN RIGHT 270°(back leg) LEFT DOUBLE KNIFE HAND LOW, SHIFT FRONT FOOT, SPREAD BLOCK	BACK STANCE FRONT STANCE
	2	RIGHT FRONT SNAP KICK, STEP FORWARD, RIGHT CENTER PUNCH, LEFT REVERSE PUNCH	FRONT STANCE
1	3	TURN RIGHT 180°, RIGHT DOUBLE KNIFE LOW SHIFT FRONT FOOT, SPREAD BLOCK	BACK STANCE FRONT STANCE
	4	LEFT FRONT SNAP KICK, STEP FORWARD, LEFT CENTER PUNCH, RIGHT REVERSE PUNCH	FRONT STANCE
2	1	TURN LEFT 90°, LEFT DOUBLE KNIFE LOW SHIFT FRONT FOOT, RIGHT PALM STRIKE, LEFT OPEN HAND HIGH BLOCK COMBINATION	BACK STANCE FRONT STANCE
	2	RIGHT FRONT SNAP KICK, STEP FORWARD, RIGHT HAND BACK FIST	FRONT STANCE
	3	LEFT FRONT SNAP KICK, STEP FORWARD, LEFT HAND HIGH BLOCK	FRONT STANCE
	4	REACH UP (RIGHT HAND) GRAB MOTION THEN PULL DOWN, RIGHT LEG SIDE KICK RIGHT DOUBLE KNIFE HIGH SHIFT 180°, LEFT DOUBLE KNIFE HIGH (KIAI)	BACK STANCE BACK STANCE

**CHOON BI (LEFT FOOT TO RIGHT FOOT)**

**ATTENTION, BOW**



# Test Preparation Sheet



Name: \_\_\_\_\_

To prepare for your next test, please fill out this sheet. There are three sections. Section A should be filled out as soon as you receive this sheet. Section B can be done at any time up to your test. Section C should be done some time after your test, depending on the questions (i.e. Goals as the target date passes).

Turn this sheet into your Instructor for evaluation. This will help us get to know you better, help you meet your goals, and assist you on your path to Black Belt.

## **Section A** (Complete this section now)

- a. What is your current belt level? \_\_\_\_\_
- b. What is your next belt level? \_\_\_\_\_
- c. When is your next test target date? \_\_\_\_\_
- d. What is your Most Favorite kick? \_\_\_\_\_
- e. What is your Least Favorite kick? \_\_\_\_\_
- f. What is your Most Favorite form? \_\_\_\_\_
- g. What is your Least Favorite form? \_\_\_\_\_
- h. What is your weakest point in martial arts? \_\_\_\_\_
- i. What is your strongest point in martial arts? \_\_\_\_\_
- j. Which other student do you look up to the most?  
\_\_\_\_\_
- k. Which other student looks up to you the most?  
\_\_\_\_\_
- l. What are the goals you want to complete before your next test?  
Target Date: \_\_\_/\_\_\_/\_\_\_ :: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Test Preparation Sheet



## **Section B** (Complete this section any time before your test)

- a. Did you complete your next test goals (Question A.1)? \_\_\_\_\_  
If No, then why not? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- b. What are the goals you want to complete in the next six months?  
Target Date: \_\_\_/\_\_\_/\_\_\_ :: \_\_\_\_\_  
\_\_\_\_\_
- c. What are the goals you want to complete in the next year?  
Target Date: \_\_\_/\_\_\_/\_\_\_ :: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- d. Who were the Instructors that you learned from since your last test?  
\_\_\_\_\_

## **Section C** (Complete this section any time after your test)

- a. Did you complete your six month goals (Question B.b)? \_\_\_\_\_  
If No, then why not? \_\_\_\_\_  
\_\_\_\_\_
- b. Did you complete your one year goals (Question B.c)? \_\_\_\_\_  
If No, then why not? \_\_\_\_\_  
\_\_\_\_\_

**Instructor Comments**

**Name:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# 300 Forms Club

**Overview:** The goal of the 300 Forms Club is to perform each of your testing forms 300 times each in the 2 months leading up to your test for your new belt. If you perform your forms 300 times each, for three belt levels in a row, you will have performed your forms over 1000 times (counting the practice in class). If you do anything a 1000 times, you will be much better, stronger and faster.

**Rules:** Forms must be done outside of class, forms in class do not count toward the 300. Present the completed form to your Instructor before testing to be recognized as a 300 Forms Club member at the Promotion Ceremony.

**Rewards:** You will get a 300 Forms Club Trophy at the next Promotion Ceremony, a Certificate and Your Name on the school's 300 Forms Club Plaque.

**Testing Eligibility:** In order to be eligible for your next test you must complete your top 3 forms 100 times each. Use the gray section to mark your progress before your next test.

**Student Name:** \_\_\_\_\_ **Inst Ini:** \_\_\_\_\_

**Belt Level:** \_\_\_\_\_

**Start Date:** \_\_\_\_\_ **Test Date:** \_\_\_\_\_

**Form:**

100	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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200	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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**Form:**

100	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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200	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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**Form:**

100	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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200	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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**Signatures**

Student: \_\_\_\_\_  
 Parent: \_\_\_\_\_  
 Instructor: \_\_\_\_\_

*By signing this form I confirm that the # of forms completed above are accurate and were completed separate from those in class.*