Blue High Belt Basics

**STANCES**

**HIGH LEVEL OF DIFFICULTY FOR BLUE HIGH BELT BECAUSE OF MANY SHIFTING STANCES. TAKING MANY ½ SIDE STEPS TO SWITCH STANCES, INSTEAD OF TAKING A REGULAR FULL STEP.**

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| --- | --- | --- |
|  |  | A drawing of a foot and a foot  AI-generated content may be incorrect. |
|  |  |
| A black and white drawing of a circle and a dotted line  AI-generated content may be incorrect. | A drawing of a pair of feet  AI-generated content may be incorrect. |
| **BACK** | **REAR FOOT STANCE** |
|  |  | **FRONT** |

**KICKS**

 **PRACTICE ALL KNOWN KICKS. CONCENTRATE ON…**

\*FRONT LEG FRONT SNAP \*BACK LEG SIDE KICK

**STRIKES/BLOCKS**

**PRACTICE ALL. CONTINUE PRACTICING PROPER TECHNIQUE & CHAMBERING. MANY NEW TO ADD…**

\*RIDGEHAND STRIKE \*UPWARD PALM BLOCK\*UPWARD ELBOW \*TWIN UPSET PUNCH \* HOOK PUNCH \*POLE PUSHING BLOCK \*ALTERNATING PALM BLOCK

 **KICKING COMBINATIONS**

 **PRACTICE ALL KNOWN. HIGH-LEVEL COMBOS AS CLASS ALLOWS.**

**1 STEP SPARRING**

\*CONTINUE 1 – 10. MORE IF CLASS ALLOWS. (30 IN ALL.)

**TERMINOLOGY**

\*1 - 10 (IN KOREAN) \*AIMS TO ACHIEVE \*TKD PLEDGE \*DEFINITION OF JOONG-GUN (BLUE HIGHBELT)

**ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.**