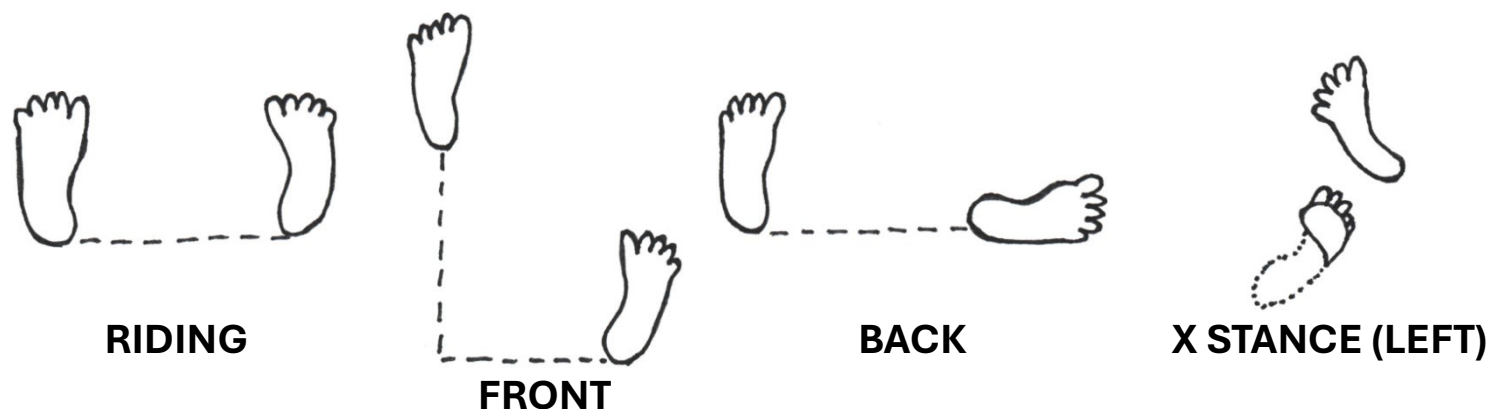


Blue Belt Basics

STANCES

FOR BLUE BELT, CONCENTRATE ON THESE STANCES...



KICKS

PRACTICE ALL KNOWN KICKS. CONCENTRATE ON...

*FRONT SNAP *BACK LEG SK *STEP BEHIND SIDE KICK

STRIKES/BLOCKS

PRACTICE ALL KNOWN STRIKES/BLOCKS. CONTINUE PRACTICING PROPER
TECHNIQUE & CHAMBERING. ADD...

*(CLOSE IN) KNIFE STRIKE COMBO WITH PUNCH

*ELBOW (FOREARM) ATTACK (NOT REALLY ELBOW)

* REINFORCE (2 ARM BLOCK)

KICKING COMBINATIONS

PRACTICE ALL KNOWN. INSTRUCTOR WILL ADD MORE HIGH-LEVEL
COMBOS AS CLASS ALLOWS.

1 STEP SPARRING

*CONTINUE LEARNING 1 – 10. MORE IF CLASS ALLOWS.

TERMINOLOGY

*1 - 10 (IN KOREAN) *AIMS TO ACHIEVE *TKD PLEDGE *DEFINITION OF
YUL-GOK (BLUE BELT)

ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.