

MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952

email: mausapetaluma@gmail.com



BLUE BELT

Dragons and Teen/Adult REQUIREMENTS

FORMS:

Palgwe O Chang:

1. Step back with left foot, front stance, low block right hand, "in to out" middle block left hand (referred to as alternating block, henceforth)
2. Turn left 90 degrees, back stance, low double Soto
3. Step forward back stance, double middle Soto
4. Step forward, front stance, stomach punch with right hand
5. Turn 180 degrees, back stance, low double Soto
6. Step forward, back stance, double middle Soto
7. Step back, back stance, check block with right hand
8. Step forward, front stance, stomach punch with left hand
9. Turn left 90 degrees, front stance, alternating block, with left hand low block and right hand middle block
10. Step forward, front stance, double middle block
11. Step forward, front stance, double middle block
12. Step forward, front stance, Kwan Soo with right hand to stomach and "KI YUP"
13. Turn left 270 degrees back stance "in to out" middle block with left hand
14. Move left foot over to front stance, punch to stomach with right hand then left hand, prepare for side kick-kick with left foot to chin
15. Step forward, front stance, elbow smash with right elbow
16. Step forward, back stance, double middle Soto
17. Turn right 180 degrees back stance, "in to out" middle block with right hand
18. Move right foot over to front stance, punch to stomach with left hand then right hand
19. Prepare for side kick –kick with right foot to chin
20. Step forward, front stance, elbow smash with left elbow
21. Step forward, back stance, double middle Sudo
22. Turn left 90 degrees front stance, alternating block with left hand low block and right hand middle block,
23. Step forward, back stance, low double block
24. Step forward, back stance, low double block
25. Step forward, front stance, stomach punch with right hand and "KI YUP"
Turn 270 degrees " Repeat beginning"

ONE STEPS:

1-12

SELF DEFENSE:

Defend against- Ground Haymakers

KICKS:

Jump back kick

Jump spinning hook kick