

MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952



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 left foot lead, low double Sudo
3. Step forward, back stance right foot lead, double middle Sudo
4. Step back, back stance, check block with left hand
5. Step forward, front stance, **stomach punch** with right hand
6. Turn 180 degrees, back stance right foot lead, low double Sudo
7. Step forward, back stance left foot lead, double middle Sudo
8. Step back, back stance, check block with right hand
9. Step forward, front stance, **stomach punch** with left hand
10. Turn left 90 degrees, front stance left foot lead, alternating block, with left hand low block and right hand middle block
11. Step forward, front stance right foot lead, double middle block
12. Step forward, front stance left foot lead, double middle block
13. Step forward, front stance, Knife Hand) Kwon Soo with right hand to sternum and "KI YUP"
14. Turn left 270 degrees back stance "in to out" middle block with left hand
15. Move left foot over to front stance, **punch to stomach** with right hand then left hand
16. Prepare for side kick-kick with left foot to chin
17. Step forward, front stance left foot lead, elbow smash with right elbow
18. Step forward, back stance right foot lead, double middle Sudo
19. Turn right 180 degrees back stance, "in to out" middle block with right hand
20. Move right foot over to front stance, **punch to stomach** with left hand then right hand
21. Prepare for side kick –kick with right foot to chin
22. Step forward, front stance right foot lead, elbow smash with left elbow
23. Step forward, back stance left foot lead, double middle Sudo
24. Turn left 90 degrees front stance left foot lead, alternating block with left hand low block and right hand middle block,
25. Step forward, back stance right foot lead, low double block
26. Step forward, back stance left foot lead, low double block
27. Step forward, front stance, **stomach punch** with right hand and "KI YUP"
28. Turn 270 degrees back stance left foot lead, low double Sudo
29. Step forward, back stance right foot lead, double middle Sudo
30. Step back, back stance, check block with left hand
31. Step forward, front stance, stomach punch with right hand
32. Turn 180 degrees, back stance right foot lead, low double Sudo
33. Step forward, back stance left foot lead, double middle Sudo
34. Step back, back stance, check block with right hand
35. Step forward, front stance, stomach punch with left hand

ONE STEPS:
1-12

SELF DEFENSE:
Defend against- Ground
Haymakers

KICKS:
Jump back kick