

BLUE BELT REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Downward Kick (front leg)

Back Fist Strike

PATTERN: TAE UM YUK JUL

(Ready Stance to Front Stance) Inward Block, Front Leg Swing Kick_{instep}, Back Fist Strike, Rear Vertical Round Punch, Dodge, Rear Vertical Round Punch.

COMBINATION

(Front Stance) Inward Block, Front Leg Swing Kick_{instep}, Back Fist Strike, Rear Vertical Round Punch, Dodge, Rear Vertical Round Punch

SPEED DRILL #4

(Front Stance) Rear Leg Front Kick, Front Punch, Rear Punch, Rear Leg Swing Kick

DEFENSE DRILL

Movement: Free

Attack: (From Hands Down Stance) Single hand technique

Defense: Badit Chagi (Stopping Kick) and counter attack with any 3 - 5 techniques

AIR SHIELD

Air Shield Attack with free movement

POWER TEST

Rear Vertical Round Punch