

BLUE BELT SENIOR REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Downward Kick (rear leg)

Knife Hand Strike

PATTERN: TAE UM YUK JANG

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

Turning is performed by pivoting on both feet 90 degrees and stepping straight back with the new front foot. Turn towards the left during the Right Side and turn towards the right during Left Side

COMBINATION

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

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

AIR SHIELD

Air Shield Attack with free movement

POWER TEST

Swing Kick Front Leg

CLOSE RANGE (ADULT ONLY)

Side Headlock.