

## EE DAN BLUE REQUIREMENTS

### MINIMUM REQUIREMENTS

24 Weeks and 48 classes since last test. Assist in 24 classes since last test.

### NEW TECHNIQUES

Sliding Rear Foot Side Kick

Sliding Rear Foot Swing Kick

Sliding Rear Foot Reverse Swing Kick

### PATTERN: OH HENG SA JANG

Turn to right, stepping with right foot into right front stance; KH, RP, dodge, RP, round palm strike, consecutive SwK(front, ball of foot), RP, vertRndP(forward).

Step with the left foot turning in the opposite direction into left front stance; KH, RP, dodge, RP, round palm strike, consecutive SwK(front, ball of foot), RP, vertRndP(forward).

Turn to the right moving left foot back into right side stance; twisting block, KH, RevSwK(front), spinning dSK (land in left front stance), RP, RndP(def), UpP.

Move right foot back into left side stance; twisting block, KH, RevSwK(front), spinning dSK (land in right front stance), RP, RndP(def), UpP.

DownK(rear), FP, RP, RndP(forward). DownK(rear), FP, RP, RndP(forward).

Move left foot back into right side stance; twisting block, KH, RevSwK / SwK(front), FP, RP, vertRndP(forward).

Step back with right foot into left side stance; twisting block, KH, RevSwK / SwK(front), FP, RP, vertRndP(forward).

Step back into sitting stance; Palm low block, twisting kick(left) (land in front stance), KH, RP, vertRndP, dodge, vertRndP(def), SwK(front), KH.

Move front leg back into right sitting stance; Palm low block, twisting kick(left) (land in front stance), KH, RP, vertRndP, dodge, vertRndP(def), SwK(front), KH.

Rear foot steps to front foot to Paro

## **EE DAN BLUE REQUIREMENTS (CONTINUED)**

### COMBINATION

Twisting block, knife hand strike, reverse swing kick / swing kick (front leg), spinning side kick, rear punch, round punch (def), rear upward punch.

### SPEED DRILL # 1 - 16

### DEFENSE DRILL

Number of Attackers: Three

Attack: Arrange yourselves and determine initial attacker and what each attacker is attacking with.

Defense: Close eyes while attackers set up. Open eyes and Ki-Hap when attackers are ready. As soon as student Ki-Haps attackers attack. Student must defend all three attackers attempting to line them up in a straight line.

### AIR SHIELD ATTACK

3 on 1 air shield attack drill. Begin with eyes closed allowing shield holders to set up. Open eyes and shield holders attack. (Attempt to line shields up into a straight line)

### POWER TEST

Sliding rear leg side kick, sliding rear leg swing kick, sliding rear leg reverse swing kick