

STRIPE TESTING FOR BLUE BELT (4TH KUP)



STRIPE #1 - FUNDAMENTALS

HAND FUNDAMENTALS

- L-Stance Middle Reverse Knife-hand Side Block
- Rear Foot Stance Open Palm Upward Block
- Walking Stance Upper Elbow Strike
- Walking Stance Twin Forefist Vertical Punch
- Walking Stance Twin Forefist Upset Punch
- Low Stance Palm Pressing Block
- Close Stance Angle Punch
- Fixed Stance U-Shape Block

FOOT FUNDAMENTALS

- Low Twisting Kick
- Middle Twisting Kick
- High Twisting Kick
- 180 Degree Reverse Turning Kick

Above are the fundamental exercises for a student to earn the first stripe at Blue Belt (4th Kup)

You are now training in the Advanced Class (blue belt & up). It will be important for you to think, behave, train and perform like an advanced student!

The examiners will be more strict with you while you are attempting to earn this stripe.

STRIPE #2 - PATTERNS / STEP SPARRING

PATTERNS / FORMS

- WON-HYO TUL (Pattern Won-Hyo)
28-Movements
- YUL-GOK TUL (Pattern Do-San)
38-Movements
- JOONG-GUN TUL (Pattern Joong-Gun)
32-Movements

STEP SPARRING

- 1-Step Sparring #1
- 1-Step Sparring #2
- 1-Step Sparring #3

In previous ranks we asked 2-patterns and 2 versions of step-sparring. Here we are asking patterns of 3 ranks (green belt to blue belt). For the 1-Step Sparring, we are looking for #1, #2 & #3.

- 1-Step Sparring #1 - defending against a Middle Punch
- 1-Step Sparring #2 - defending against a Front Snap Kick
- 1-Step Sparring #3 - defending against a Side Piercing Kick

You should prepare at least 3 different defenses for each number. You should be able to perform these drills on both sides.

STRIPE #3 - SPARRING / SELF-DEFENSE

SPARRING / SPARRING DRILLS

- Move Drill #1 to #5
- 180 Reverse Hooking Kick & Jumping Punch
- Semi-Free Sparring (2 rounds)**
- Free Sparring (2 rounds)**

*** Sparring gear is required for this exercise*

SELF-DEFENSE

- Defend against ground choke
- Defend against rear naked choke

In previous Stripe Testing... you also performed the moving drills as well as various sparring drills. In this rank we will repeat the process, however - we are looking for the moving drills to flow (easier and faster). For the drills - we are looking for accuracy and timing!

These self-defense drills are skills for more dangerous. Always remember that serious self-defense drills ALWAYS require a counter-attack to stop the opponent!