

# Blue Stripe Curriculum (5th Grade / 5th Kup)

## **FUNDAMENTAL STRIPE REQUIREMENTS**

- 👊 Walking Stance Middle Palm Hooking Block
- 👊 Walking Stance Front Elbow Strike
- 👊 L-Stance Twin Knife-hand Block
- 👊 X-Stance High Back Fist Side Strike
- 👊 Walking Stance High Double Forearm Side Block

## **KICKING STRIPE REQUIREMENTS**

- 👊 Inward Vertical Kick (from an L-Stance Middle Forearm Guarding Block)
- 👊 Outward Vertical Kick (from an L-Stance Middle Forearm Guarding Block)
- 👊 Jumping 180° Reverse Hooking Kick (from an L-Stance Middle Forearm Guarding Block)

## **PATTERN STRIPE REQUIREMENTS**

- 👊 Yul-Gok Tul (Pattern Yul-Gok)

## **SPARRING STRIPE REQUIREMENTS**

- 👊 2-Step Sparring #5
- 👊 2-Step Sparring #6
- 👊 Attack Drill: Jumping Punch (learning how to cut the distance quickly)
- 👊 Free Sparring (appropriate gear is required)

## **SELF-DEFENSE STRIPE REQUIREMENTS**

- 👊 Defend against (and capture) a Turning Kick
  - \* *Students must be able to perform on both sides*
- 👊 Defend against (and capture) a Haymaker Punch (swing)
  - \* *Students must be able to perform on both sides*
- 👊 Release (and counter) from a Front Headlock
  - \* *Students must be able to perform on both sides*

## **BREAKING REQUIREMENTS**

- 👊 Reverse Hooking Kick (stepping motion - kick with front leg)
- 👊 Knife-hand Side Strike