



Deputy Blue
(Minimum 35 classes)

- Form:** **WON-HYO** (28 moves): Named after the noted monk who introduced Buddhism into the Silla Dynasty in the year 686 A. D. (Right Foot Returns)
- Combos:**
1. Switch, Front Punch, Spin Hook Kick, Back Ridgehand
 2. Front Punch, Step Across Front Punch, Spin Sidekick, Front Punch, Back Punch
 3. Foot-To-Foot Roundhouse Kick, Spin Hook Kick, Back Leg Roundhouse Kick, Front Backfist
 4. Shuffle Front Punch / Back Punch, Back Leg Roundhouse Kick / Hook Kick, Back Punch
- Sparring:** Point Sparring
- Physical Conditioning:** Knuckle Push-Ups
Leg Thrusts
- Character & Attitude:** Strive to develop Integrity!
- Breaking:** 1. Back Leg Roundhouse Kick 2. Forearm



Deputy Blue Belt / Mighty-Mites
(Each test requires minimum of 10 classes)

1st Blue Stripe: Combinations

1. Switch, Front Punch, Spin Hook Kick, Back Ridgehand
2. Front Punch, Step Across Front Punch, Spin Sidekick, Front Punch, Back Punch

2nd Blue Stripe: Combinations

3. Foot-To-Foot Roundhouse Kick, Spin Hook Kick, Back Leg Roundhouse Kick, Front Backfist
4. Shuffle Front Punch / Back Punch, Back Leg Roundhouse Kick / Hook Kick, Back Punch

3rd Blue Stripe: First half of Won-Hyo

4th Blue Stripe: Second Half of Won-Hyo

Deputy Blue Belt: All of the above in addition to:
Push-ups & Leg Raises
Board Break: Forearm, Back Leg Roundhouse Kick

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