



**Blue Belt**  
**(Minimum 35 classes)**

**From:** **YUL-KOK** (38 moves): Is the pseudonym of the great philosopher and scholar Yi I, nicknamed the “Confucius of Korea”. The 38 movements of this pattern refer to his birthplace on the 38 degree parallel and the diagram (±) represents “scholar”. (Left Foot Returns)  
**Nunchuck Form**

- Combos:**
1. Front Punch, Step Across Front Punch, Spin Hook Kick, Back Ridgehand
  2. Front Punch, Spin 180° Backfist, Back Punch, Back Leg Roundhouse Kick, Back Ridgehand
  3. Back Leg Roundhouse Kick / Sidekick, Spin Double Sidekick, Front Backfist
  4. Front Punch, Spin Sidekick, Foot-To-Foot Sidekick, Spin Hook Kick, Back Ridgehand

**Sparring:** Point Sparring

**Physical Conditioning:** Push-ups  
Alternate Knee Sit-Ups

**Character & Attitude:** Submit a Painting

**Breaking:** 1. Jump Front Kick 2. Knifehand



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

**1<sup>st</sup> Blue Stripe:** Combinations

1. Front Punch, Step Across Front Punch, Spin Hook Kick, Back Ridgehand
2. Front Punch, Spin 180° Backfist, Back Punch, Back Leg Roundhouse Kick, Back Ridgehand

**2<sup>nd</sup> Blue Stripe:** Combinations

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

**3<sup>rd</sup> Blue Stripe:** First half of Yul-Kok

**4<sup>th</sup> Blue Stripe:** Second half of Yul-Kok

**Blue Belt:** All of the above in addition to:

- Push-ups and Alternate Knee Sit-Ups
- Board Break: Jump Front Kick, Knifehand

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