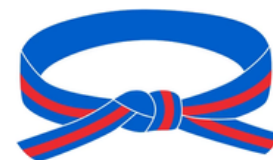




# HIGH BLUE BELT



## Belt Meaning

The blue belt symbolizes the sky and the heavens, the potential for future growth, much like a young plant reaching towards the sky. The blue belt represents both your advanced technical abilities and your readiness to take on new challenges.

## Stripe Requirements

<b>Basics (Yellow)</b>	Stances: Front Stance Cross Body Block, Front Stance Palm Block, Front Stance Palm Block Punch, Cross Stance Back Fist Strike Form: All Previous, Taegeuk Yuk Jang
<b>Self Defense (Blue)</b>	High Blue Belt Self Defense 1-4
<b>Kicking (Red)</b>	180 Tornado Kick, 360 Tornado Kick, Flying Side Kick, Roundhouse Kick + Jumping Double Roundhouse Kick, Roundhouse Kick + Tornado Kick

## Breaking Technique

**Palm Strike, Tornado Kick OR Flying Side Kick**