



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

Basics (Yellow)	Stances: Front Stance Double Inside Block, Front Stance Backfist Strike + Inside Block, Back Stance Knife Hand + Step forward Front Stance + Elbow Strike, Walking Stance Down Hammer Fist Strike, Cross Stance + Back Fist Strike Form: All Previous, Taegeuk Oh Jang
Self Defense (Blue)	Blue Belt Self Defense 1-4
Kicking (Red)	Jump Front Kick, Jump Double Roundhouse Kick, Double Side Kick, 180 Roundhouse Kick, 360 Roundhouse Kick

Breaking Technique

Elbow Strike, Jump Front Kick