

BLUE BELT

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

SKILL SUMMARY:

Stances:

Strong Front, Back and Horseback Stances

Blocks:

Open Hand Block

Grab Technique

Strikes:

Inverted Side and Upward Wrist

Kicks:

Spinning Hook Kick

Jump Lead Leg Hook Kick

Slide Back Kick

Jump/Flying - Front Snap Kick to Round House (alternating legs)

Double Simultaneous Jump Front Snap Kick

12 different three-combination kicks

Forms:

Basic Form # 5 (Pyung ahn e dan)

One-Step Sparring:

10 One Steps

1. LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to nose (white bone orifice), grab opponents' wrist with LEFT hand to overhead sweep, sweeping RIGHT upward punch to solar plexus.
2. RIGHT Inside-out block to forearm (four rivers), LEFT high punch to face (great bone orifice), RIGHT ridge hand to temple (temporal plexus), LEFT vertical punch to floating rib.
3. RIGHT Inside-out block to forearm (four rivers), LEFT high punch to the face (great bone orifice), RIGHT ridge hand to temple (temporal plexus), RIGHT hand traps opponents' wrist, LEFT outside-in block, elbow break.

Sparring:

Attack/Counter Attack Concepts

Breaking:

Two to Three Weapon Breaking (move to cinder block as appropriate)

Self Defense:

Grappling - improved control

Escape from guard position - CKM pp. 212-213

Arm Bar from the Guard - CKM pp. 202-203

Choke while Attacker is Punching in Guard - CKM p. 269

Triangle Choke from Ground - CKM p. 270

Guillotine from Guard Bottom Position - CKM p. 271

Headlock from Behind on Ground - CKM p. 274

Defense from Headlock from Behind on Ground -CKM p. 275

Side Mount (Arm Lock) - CKM p. 215

Stick Defense Against Overhead Swing (Bursting) - CKM pp. 242-243

Stick Defense Against Baseball Bat Swing - CKM pp. 246-247

Philosophy

Required Community Service

25 hours