

# BLUE BELT REQUIREMENTS

## 1. Stationary Hand Techniques

- A. Inside/outside hammer block
- B. Back first strike to the temple/nose /upper lip
- C. Reverse horizontal elbow, reverse vertical elbow
- D. ^ Review all past belt level's requirements

## 2. Stationary Kicking Techniques

- A. Turning side kick
- B. Turning back kick
- C. Turning roundhouse kick
- D. ^ Review all past belt level's requirements

## 3. Sparring Drills

- A. Turning roundhouse kick, roundhouse kick
- B. Roundhouse kick, turning side kick
- C. Skip roundhouse kick, roundhouse kick
- D. ^ Review all past belt level's requirements
- E. ^ Review all sparring steps; new: cutting and skipping

## 4. Moving Form Basics

- A. Front stance inside block, inside block
- B. Right front kick, land in right front stance, lead back fist to the bridge of the nose, reverse inside/outside hammer block
- C. Raising block, right side kick with right hand tempo back fist strike, land in right front stance, reverse elbow strike to head
- D. Back stance single knife hand block, grab the right wrist, step right front stance reverse elbow
- E. ^ Review all past belt level's requirements

## 5. Form / Pattern Information

- A. Tae-Geuk 5

- 1) 20 Movements
- 2) Kiap points: 8/20
- 3) Meaning: Applies the concept of "seon" meaning "wind" being gentle and strong.
- 4) Shape: Capital "I" with a line running through the center

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### 6. One-Step Sparring / Hapkido *(See attachments)*

- A. One steps: 1-7
- B. ^ Review all past belt level's requirements

### 7. Conditioning

- A. 10 to 20 Push-ups
- B. 10 to 20 Sit-ups
- C. Running in place/breakdown 5x to 7x
- D. ^ Review all past belt level's requirements