

# HIGH BLUE BELT REQUIREMENTS

## 1. Stationary Hand Techniques

- A. Horizontal palm block and punch
- B. Double fist low block
- C. Outside ridge hand block
- 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. Turning axe kick
- E. Turning crescent kick
- F. Floating roundhouse kick
- G. Turning jumping roundhouse kick
- H. ^ Review all past belt level's requirements

## 3. Sparring Drills

- A. Turning roundhouse kick, roundhouse kick
- B. Roundhouse kick, turning side kick
- C. Roundhouse kick, turning crescent kick and/or axe kick
- D. Skip roundhouse kick, floating roundhouse kick
- E. ^ Review all past belt level's requirements
- F. ^ Review all sparring steps

## 4. Moving Form Basics

- A. Front stance down block, reverse front kick, right back stance outer forearm block
- B. Going back double knife hand-block back stance
- C. Going forward and back horizontal palm block and reverse punch front stance
- D. ^ Review all past belt level's requirements

## 5. Form / Pattern Information

- A. Tae-Geuk 6

- 1. 23 Movements
- 2. Kiap points: 13/23
- 3. Meaning: The philosophical meaning of Palgwe Gam (trigram) which lends its shape to Tae-Geuk 6 is "water". It always flows downward. This principle teaches the lesson that we overcome difficulties and hardship if we go forward with self-confidence.
- 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: 1-8
- B. ^ Review all past belt level's requirements

### 7. Conditioning

- A. 15 to 25 Push-ups
- B. 15 to 25 Sit-ups
- C. Running in place/breakdown 7x to 9x
- D. ^ Review all past belt level's requirements