

Blue Belt Requirements - Adults

(Minimum 3 months & 30 classes)

First Red Stripe

Hand Strikes and Kicking Basics

1. Hook Kick - Round Kick
2. Elbow

Pads Kicks

1. Offensive side kick
2. Defensive side kick
3. Turn Side Kick
4. Back Leg Round Kick
5. Back Leg Thrust Kick

Kickboxing Techniques

1. Jab, Punch, Front Hook, Front Leg Round Kick
2. Jab, Punch, Front Upper Cut, Front Leg Front Kick

Second Red Stripe

Self-Defense

1. Double Chicken Wing
2. Hammer Lock
3. All previous self-defense techniques

Third Red Stripe

Blocks/Marching Basics

1. Sudo Block (back stance) – Punch (front stance)
2. Sudo Block (back stance) – High Block (front stance) – Punch (front stance)
3. Low Block (front stance) – Front Kick/Lunge Punch (front stance)

Form

Wan Jun Hyung “Pursuit of Excellence” (full form)