

# **Blue Belt Requirements - Youth**

*(Minimum 3 months & 30 classes)*

## **First Red Stripe**

### **Hand Strikes and Kicking Basics**

1. Turn Side Kick
2. Hook Kick
3. Slide Double Round Kick (low – high)

## **Second Red Stripe**

### **Self-Defense**

1. Double Chicken Wing
2. Hammer Lock

## **Third Red Stripe**

### **Classical Basics**

1. Sudo Block (back stance)
2. Classical Punch (front stance)
3. Low Block (front stance)
4. High Block (front stance)

### **Form**

Wan Jun Hyung " Pursuit of Excellence" (full form)