

Blue Belt Requirements – Adults

(Minimum 2 months & 20 classes)

First Red Stripe

New Hand Strikes

1. Elbow

Previous Hand Strikes

1. Hammer Fist
2. Ridge Hand
3. Palm Heel
4. Back Fist / Jab
5. Reverse Punch
6. Front & Back Hooks
7. Front & Back Uppercuts

New Kicking Basics

1. Hook Kick – Round Kick

Previous Kicking Basics

1. Hook Kick
2. Slide Round Kick
3. Back Leg Round Kick
4. Side Kick
5. Round Kick
6. Front Leg Front Kick
7. Back Leg Front Kick
8. Back Leg Thrust Kick
9. Back Kick

New Pad Strikes

1. Turn Side Kick
2. Back Leg Round Kick

Previous Pad Strikes

1. Offensive Side Kick
2. Defensive Side Kick
3. Back Leg Thrust Kick
4. Thrust Kick
5. Standing Side Kick (on Bar)

New Kickboxing Techniques

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

Previous Kickboxing Techniques

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

Second Red Stripe

New Self-Defense

1. Double Chicken Wing
2. Hammer Lock

Previous Self-Defense

1. Head Lock
2. Arm Bar Choke
3. Front Choke
4. Bear Hug
5. Outside Block – Palm to attackers nose
6. Lapel Grab
7. Outside & Inside Blocks
8. Front Wrist Grabs
9. Rear Wrist Grabs

Third Red Stripe

Stances

1. Back Stance
2. Front Stance

New Blocks/Marching Basics

1. Sudo Block (Back Stance) – High Block (Front Stance) – Punch (Front Stance)
2. Low Block (Front Stance) – Front Kick/Lunge Punch (Front Stance)

Previous Blocks/Marching Basics

1. Sudo Block (Back Stance) – Punch (Front Stance)

Form

Wan Jun Hyung “Pursuit of Excellence” (Full Form)

Fourth Red Stripe

Sparring