

Blue Belt Requirements – Youth

(Minimum 2 months & 20 classes)

First Red Stripe

Previous Hand Strikes

1. Ridge Hand
2. Back Fist Punch Combination
3. Palm Heel
4. Back Fist
5. Punch

New Kicking Basics

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

Previous Kicking Basics

1. Slide Round Kick
2. Back Leg Round Kick
3. Jump Scissor Kick
4. Axe Kick
5. Side Kick
6. Round Kick
7. Front Leg Front Kick
8. Back Leg Front Kick
9. Wheel Kick

New Pad Kicks

1. Turn Side Kick

Previous Pad Kicks

1. Offensive Side Kick
2. Back Leg Thrust Kick

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 – Punch to attackers nose
6. Lapel Grab
7. Outside & Inside Blocks
8. Front Wrist Grabs
9. Rear Wrist Grabs

Third Red Stripe

Previous 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)