



# Solid Blue Belt Requirements

(Minimum 2 months & 20 Classes)

**\*IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)\***

## **1<sup>st</sup> Red Stripe (Basics)**

### **Kicking Strikes**

1. [Hook Kick + Round Kick Combo](#)
2. 4 Multiple Round Kicks without setting down
3. 2 Multiple Side Kicks balancing for 3 seconds
4. [Offensive Side Kick](#)
5. [Jump Scissor Kick](#)

## **2<sup>nd</sup> Red Stripe (Self-Defense)**

### **Hammer Lock**

\*This description is based off the attacker grabbing the defender's shoulder with their left hand and the defender's forearm with their right hand. \*

1. Attacker is behind the defender.
2. Attacker grabs the defender's shoulder and forearm putting them into a hammer lock containment.
3. The defender raises their left arm straight up towards the ceiling.
4. The defender turns over their left side, dropping their left arm over the attacker's arms while stepping into a small front stance.
5. The defender strikes to the side of the attacker's face with a horizontal elbow strike.
6. The defender then points their arm away from the attacker with their arm straight.
7. The defender follows up with an elbow strike to the front of the attacker's face.
8. The defender spins out of the attacker's containment while maintaining a grip on the attacker's wrist with their right hand.
9. The defender rolls the attacker into a hunched over position and performs a front leg front kick to their face.
10. Defender steps away into a fighting stance.

### **Straight Forward Punch Defense**

1. Attacker starts in a fighting stance.
2. Defender starts in Chunbi.
3. The attacker throws a straightforward punch at the defender's face.
4. The defender side steps and performs a sudo block with their closest hand to the attacker's wrist.
5. The defender then grabs the attacker's wrist with their blocking hand.
6. The defender follows up with their free hand with a punch to the attacker's face and a back leg front kick to their groin.
7. Defender steps away into a fighting stance.

## **3<sup>rd</sup> Red Stripe (Form)**

### **Shin Gin Hyung (1<sup>st</sup> half)**

"Dawn of Truth"

## **4<sup>th</sup> Red Stripe (Sparring)**