



Testing Requirements:

Blue Stripe Curriculum/Blue Belt Test

Forms:

- Ki bon
- Chun gi
- Tan Gun
- To San
- Won Hyo
- **Yul Kok**

Strikes:

- Mid section punch
- High section punch
- High section palm heel strike
- Knife hand strike
- Mid section palm heel strike
- Mid section knife hand strike
- Back fist
- **Elbow strike**

Kicks:

- Front stiff legged stretch
- Front snap kick
- Step behind side thrusting kick
- Roundhouse kick
- Inside crescent kick
- Outside crescent kick
- Step through side thrusting kick
- Flying front snap kick
- Spinning side thrusting kick
- Hook kick

- **Spinning outside crescent kick**
- **Push kick**

Blocks:

- Low section block
- Inner wrist block
- High section block
- Box block
- Outer forearm block
- Circle block
- Grabbing block
- **Augmented block**

Stances:

- Ready position
- Attention
- Horse Stance
- Fighting Stance
- Front Stance
- Back Stance
- Fixed Stance
- **X-stance**

Rolls/Falls:

- Forward somersault from standing
- Forward shoulder roll from standing
- Back fall from standing
- Backward shoulder roll from standing
- Side fall from standing

- Front fall from standing
- **Diving somersault**

One Step Sparring:

- Inner forearm block/double mid-section punch
- High section forearm block/double mid-section punch
- Step behind side thrusting kick
- Front snap kick without low section wedging block
- Outer forearm block (back stance)/mid-section punch (front stance)
- Outer forearm block/double punch to knee
- **Any combinations used in forms**

Self Defense Escapes:

- One hand wrist grab
- Two hand wrist grab
- Double wrist grab
- Choke from front
- Choke from rear
- Choke from side
- Double lapel grab
- Hair Grab
- Single lapel grab
- Bear hug
- Head lock
- Face up ground escape
- **Face down ground escape**

Knowledge:

- Bow in/Pledge
- Bow out
- White, Yellow & Green belt color meaning
- 1st, 2nd, 3rd, 4th, 5th & 6th components of power
- **All** tenets of Tae Kwon Do
- Korean terms for:
 - All techniques the student is tested on
 - Training hall
 - Uniform
 - Belt
- Meaning of Bushido
- Origin of martial arts (Wushu)
- Symbolism of Yin & Yang
- Purpose of Sanchin techniques