



Testing Requirements:

Blue Belt Curriculum/Brown Stripe Test

Forms:

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

- Flying front snap kick
- Spinning side thrusting kick
- Hook kick
- Spinning outside crescent kick
- Push kick
- **Twist kick**
- **Front leg front snap kick**
- **Step behind outside crescent kick**
- **Typhoon kick**

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
- Forward Elbow Strike
- **Upward Elbow Strike**
- **Hammer fist**

Blocks:

- Low section block
- Inner wrist block
- High section block
- Box block
- Outer forearm block
- Circle block
- Grabbing block
- Augmented block
- **Ridge hand block**
- **High X-block**
- **Pole grab**

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

Stances:

- Ready position
- Attention
- Horse Stance
- Fighting Stance
- Front Stance

- Back Stance
- Fixed Stance
- X-stance
- **Cat 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
- **Diving shoulder roll**

One Step Sparring:

- Any combinations used in forms
- **Two steps**

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

Self Defense Escapes (cont'd)

- Head lock
- Face up ground escape
- Face down ground escape
- **Choke against a wall escape**

Weapons:

- Basic blocks and strikes with one of the following:
 - Nunchaku
 - Bo
 - Tonfa
 - Escrima stick

Knowledge:

- Bow in/Pledge
- Bow out
- White, Yellow, Green & **Blue** belt color meaning

- **All** 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
- **Confucious method of teaching**