

Requirements for Blue Stripe Belt test

Terminology & Questions

SONNAL MAKGEE – knife hand block

SANG PALMOK MAKGEE – double wrist block

SANGSOO - twin hand block

PYONSON KEUT / KWAN SOO – spear finger

What part of the foot do you use for all kicking techniques?

Front kick	ball of foot or instep
Roundhouse kick	instep
Side/back kick	bottom of heel
Ax kick	heel or bottom of foot
Hook/wheel kick	heel or bottom of foot
In out / out in kick	side of foot or heel

How do you say goodbye in Korean?

(to someone staying) ahn nyung hee kei sheep see yo

(to someone going) ahn nyung hee ka sheep see yo

Required kicks/punches/blocks/strikes

- 1) Skip Axe Kick, Roundhouse Kick and Tornado Kick
- 2) Front stance and neck chop
- 3) Front stance and out to in middle block or in to out middle block
- 4) Front stance and palm strike

Required form – “Taegeuk Oh Jang”

- 1) Joonbee
- 2) Turn left 90 degrees – front stance – down block
- 3) Bring left foot back into ready position – top of head hammer fist with left hand
- 4) Turn right 180 degrees – front stance – down block
- 5) Bring right foot back to ready position – top of head hammer fist with right hand
- 6) Turn left 90 degrees – front stance – left arm middle block – right arm middle block
- 7) Right front snap kick – right hand back fist – left hand inner wrist block
- 8) Left snap front kick – left hand back fist – right hand inner wrist block
- 9) Step forward with right foot – walking stance – right hand back fist – KIYUP!
- 10) Turn left 270 degrees – back stance - left single knife hand block
- 11) Step forward with right leg to front stance – right elbow strike (left hand holding right fist)
- 12) Turn right 180 degrees – back stance – single knife hand block
- 13) Step forward with left leg to front stance – left elbow strike (right hand holding left fist)
- 14) Turn left 90 degrees – left foot forward low stance – left hand down block – right hand inner wrist block

- 15) Right front snap kick – right hand down block – left hand inner wrist block
- 16) Turn left 90 degrees – front stance – left hand high block
- 17) Right side kick – left elbow strike into right palm (front stance)
- 18) Turn right 180 degrees – right hand high block
- 19) Left side kick – right elbow strike into left palm (front stance)
- 20) Turn left 90 degrees – left hand down block – right hand inner wrist block
- 21) Right front snap kick – jump forward with right foot landing first and left foot landing right behind right foot (left leg bent slightly at knee) – right back fist – KIYUP!
- 22) Baro!

Required One Step Sparring techniques

1 – Step back with left foot. Grab wrist with right hand Right leg side kick to knee
Right hand side kick to ribs

2 - Left hand inside block while stepping forward with left leg
Right hand ridge hand (using hard part of hand below index finger)
Right leg round kick finishing by placing right foot outside opponent's right foot
Right hand back fist to side of head

3 - Left hand knife hand block while stepping forward with right leg
Right hand single middle punch Step forward with left leg
Grab back of opponent's right knee with right hand and pull for take down
Right hand punch to face

4 - X-block down with right hand over left
Twist hands clockwise and up and push opponent's wrist back with thumbs
Right leg front kick to stomach. Neck chop to back of neck

5 - Left hand knife hand block while stepping forward with left leg
Right hand chaun kwon. Grab opponent's right shoulder with right hand and grab opponent's right wrist with left hand. Right knee to stomach
Grab wrist with left hand and twist around by stepping back with right leg into take down. Right hand punch to head

Required breaks

13 years and up

Punch/Wheel Kick/Back Kick

12 years and younger

Sodo/Ax Kick/Wheel Kick