

BELT REQUIREMENT

BLUE/WHITE TO BLUE

QUESTIONS	ANSWERS
WHAT IS UNIFORM IN KOREAN	
WHAT DOES "KYUNG YE" MEAN	
WHAT DOES "CHA RYUT" MEAN	
COUNT TO 10 IN KOREAN	
SCHOOL RULES # 9 & 10	
WHAT DOES DISCIPLINE MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	30
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE, BACK STANCE X STANCE
PUNCHES	JAB, REVERSE, HAMMER, ELBOW STRIKES 1-7, PALM, KNIFEHAND CHOP, KNIFEHAND STRIKE, ELBOW SMASH BACKFIST, UNDERCUT, RIDGEHAND STRIKE, SPINNING BACKFIST
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS DOUBLE KNIFEHAND BLOCKS, SCISSOR BLOCK
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT JUMP SNAP KICK NO FAKE, SPINNING HOOK KICK, NO STEP JUMP SIDE KICK
SELF-DEFENSE	BLUE BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, TAEGUEK OH JANG (FIRST 8 MOVES)

**The information contained in this guide is confidential and proprietary to Iron Fist Martial Arts, LLC, its affiliates, and its students.*

**No part of this guide may be distributed or disclosed in any form to any third party without written permission of Iron Fist Martial Arts, LLC.*