

BELT REQUIREMENT

BLUE TO BLUE/BLACK

QUESTIONS	ANSWERS
WHAT RANK AND BELT IS MASTER PATRICK	
WHAT DOES "JUN BI" MEAN	
WHAT DOES "SHI JAK" MEAN	
COUNT TO 10 IN KOREAN	
SCHOOL RULES # 1 & 2	
WHAT DOES HONOR 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 14 MOVES)

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