

BLUE BELT REQUIREMENTS

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|------------------------|---|-------------------------------------|---------------------------|
| STANCES | SIDE STANCE | OFFENSIVE DIAGONAL SIDE STEP | |
| BLOCKS | SCISSOR BLOCK | | |
| PUNCHES/STRIKES | ELBOW #3 | ELBOW #6 | SPINNING BACKFIST |
| KICKS | FRONT CHARGING SNAP KICK | BUTTERFLY KICK | SPINNING HOOK KICK |
| STRIKE DEFENSE | *SEE DEFENSE SHEET | | |
| GRAB DEFENSE | *SEE DEFENSE SHEET | | |
| TAKEDOWNS | JUDO SWEEP | | |
| GROUND ESCAPE | MOUNTED CHOKE | | |
| WEAPON DEFENSE | REPEATED KNIFE TO ABDOMEN | GUN TO BACK | |
| SPARRING | SPARRING WITH TAKEDOWNS | | |
| FORM | BLUE BELT FORM TAEGUEK OH JANG | | |

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