

BLUE BELT REQUIREMENTS

STANCES	ALL PREVIOUS BELT STANCES	SIDE STANCE & X STANCE	OFFENSIVE DIAGONAL SIDE STEP
BLOCKS	SCISSOR BLOCK		
PUNCHES/STRIKES	SPINNING BACK FIST	UPPERCUT ELBOW	DOWNWARD ELBOW STRIKE
KICKS	FRONT CHARGING SNAP KICK	BUTTERFLY KICK	SPINNING HOOK KICK
STRIKE DEFENSE	<i>*SEE DEFENSE SHEET</i>		
TAKEDOWNS	JUDO SWEEP		
SPARRING	SPARRING WITH TAKEDOWNS		
FORM	(BLUE/WHITE TO BLUE) TAEGUEK OH JANG MOVES 1-6	(BLUE TO BLUE/BLACK) TAEGUEK OH JANG MOVES 1-12	(BLUE/BLACK TO BROWN/WHITE) TAEGUEK OH JANG MOVES 1-20

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