

Blue Belt Testing for Blue Stripe

Questions

What part of the foot is used for each kicking technique?

- Front kick -> ball of foot or instep.
- Roundhouse kick -> instep/top of the foot.
- Side/Back kick -> bottom of heel.
- Ax kick -> back of heel or sole of foot.
- Hook -> back of heel or sole of foot.
- In out/out in kick -> side of foot.

Terminology

English

Inner Wrist Block
Outer Wrist Block
Back Hook Kick
Jump Front Kick
Jump Round Kick
Jump Side Kick
Jump Back Kick

Korean

Ahn Palmok Makki
Bakat Palmok Makki
Dweet Hoh Yoh Cha Gee
Eedahn Ahp Cha Gee
Eedahn Dohl Yohl Cha Gee
Eedahn Yup Cha Gee
Eedahn Dweet Cha Gee

Hand Techniques

- 1) Outer Wrist Block, Palm Strike
- 2) Backfist

Kicking

- 1) Back Hook Kick, Round Kick
- 2) Back Kick, Back Kick
- 3) Flying Side Kick**

Form

Taeguk O Jang

Breaking

2 Targets
Chop or Round Kick
1 Technique Of Your Choice

Physical Fitness

Continuous Round Kicks (Bouncing Style) 40 Each Leg (80 Total)
Rising Kick (Toes Clear The Top Of The Head) (Over 30 Years Old At Instructors' Discretion)

Experience:

Minimum 30 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**