

# Blue Stripe testing for Brown Belt

## Questions

*Why do we meditate?*

We meditate to develop spiritual energy. It helps us to achieve deeper insight, greater awareness, and a feeling of calm and relaxation.

## Terminology

### English

Ridge Hand  
Hammer Fist  
Palm Strike  
Reverse Punch  
Ax Kick  
Rising Kick

### Korean

Yuk Soh  
May Ju Mohk  
Batang Sohn  
Bahn Day Jeer uh Gee  
Chiga Cha Gee  
Bahl Ahl Yohl Cha Gee

## Hand Techniques

- 1) Palm Block, High Punch
- 2) Reverse Elbow Strike

## Kicking

- 1) Round Kick, Walking Back Hook Kick
- 2) Fake Front/Round Kick, Round Kick, Round Kick
- 3) Jumping Ax Kick\*\*

## Form

Taeguk Yuk Jang

## Breaking

- 3 Targets  
Chop  
Round Kick  
1 Technique Of Your Choice

## Physical Fitness

Push-Ups (Male 20, Female 16)  
Sit-Ups 50 (Male & Female)  
Show Proper Technique (Splits Seated)

## Experience

Minimum 30 Classes

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