

BLUE BELT



SELF-DEFENSE

REQUIRED FOR TESTING

SELF-DEFENSE "C" NO. 1-2B

WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE
2. APPLICATION OF HAMMER BUNKAI
3. ONE STEP AGAINST ATTACK #1



BASICS

1. REVIEW OF BASIC STANCES AND BLOCKS
2. BO BASICS



SPORT COMBINATIONS AND DRILLS

KICK COMBINATIONS:

1. FRONT LEG SNAP CRESCENT, BACK KICK, REAR LEG PUSH KICK
2. SWITCH STANCE, STEP BEHIND HOOK KICK, STEP 360 HOOK KICK [SAME LEG BOTH KICKS]

SPORT COMBINATIONS:

OFFENSE:

1. SWITCH STANCE, STEP BEHIND LOW-HIGH SIDE KICK STOMPING/SLIDE, FRONT LEG HOOK KICK, 1-2 PUNCH
2. 180 JUMP BACK KICK, JUMP DOWN BLOCK/ REVERSE PUNCH [IN THE AIR]

DEFENSE

1. SWITCH AWAY, CONTROL BLOCK, JUMP REAR LEG ROUNDHOUSE

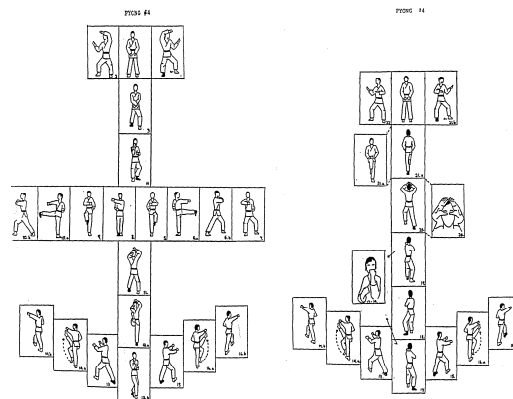
HAND:

1. 1-2 PUNCH, LEAD HAND HOOK PUNCH, STEP BEHIND 180 BACK FIST



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND PYONG 4



OTHER

1. **THEORY** A WEAPON IS THE EXTENSION OF YOUR HAND
2. **ORAL QUESTIONS**
3. **SPARRING** FREE SPARRING AND MOVING AGAINST 2 WITHOUT CONTACT
4. **ATTITUDE**
5. **CLASS ATTENDANCE** TIME REQUIRED IN LAST RANK [MINIMUM OF 2 MONTHS]
6. **TEST FEE** \$25.00

7. **WRITTEN** RESPONSIBILITIES OF A SENIOR BELT
8. **BREAKING** [TWO DIRECTION]