



## Blue Belt Curriculum

### Blue Belt Combinations

1. Offensive back reverse crescent kick, back punch, back leg round kick, back punch
2. Offensive front leg sidekick, jump front leg sidekick, back punch
3. Offensive jump back leg round kick, reverse hook kick, back ridge hand

### Form: Pyung-wa, meaning Peace #1-28

Chunbi: X-Block with fists, chin level

1. North, double horizontal chop and **yell**
2. Left step forward, right neck chop, left rising block with pivot in high twist stance
3. Right back round kick, step behind sidekick, left back punch in low twist stance
4. Slide back, to left low back stance, right chop down
5. Step up to right front stance, right high chop going northeast
6. Right step back to right back stance, left chop down going north
7. Step up to left front stance, left chop high going northwest
8. Left step back to left back stance, right chop down facing north
9. Turn south, right ridge hand with a **yell**, in left front stance
10. Right round kick, tornado kick, right elbow to left palm low open stance
11. Left up, right down block (touch neck and belt)
12. Left down. Right up
13. Both up block
14. Both down block
15. Left palm cover right fist by right ribcage, right punch. Hand on top

16. Knuckle to knuckle, twin punch to right
17. High fist X-block
18. Turn west clockwise, stomp left low stance , high mountain block (twist palms facing in)
19. Repeat steps 11 through 16
20. 360 degree jump, land in low back stance, right chop block with a loud **yell**
21. Left step forward to right back stance, left chop down
22. Left step to right foot, stand upright, side right chop block facing south
23. Right hook, round, side triple kick (refold to sidekick stance and hold)
24. Left elbow strike to right palm, right front stance
25. Turn north, right to left, left step to low open stance, left elbow strike
26. Left step back to left back stance, right middle chop block
27. Left back punch and **yell**
28. Goman: X-Block with fists, chin level

**7 Count Hook, Round, Sidekick**

1. Sidekick fold
2. Quick hook kick and refold to round kick position
3. Round kick snap and refold
4. Sidekick fold
5. Sidekick lock and hold
6. Sidekick refold
7. Foot down



### **Sparring** (Be sure to use light contact)

#### 1. Mixed Rhythm Sparring

- Rhythm sparring with mixed count. 1<sup>st</sup> partner throws 1 technique, 2<sup>nd</sup> partner throws 2 techniques, 1<sup>st</sup> partner throws 3 techniques, 2<sup>nd</sup> partner throws 1 technique, etc.

#### 2. Free Sparring

- Slip
- Parry
- Duck
- Reverse Side Kick Counter

#### 3. Point Sparring

- Blitz
- Slide side kick
- Fade side kick

### **10 Sparring Habits to Develop**

1. Always wear your protective equipment
2. Learn to read your opponent (What stance are they in? What techniques are they using?)
3. Front leg is used 80% of the time
4. Always stay sideways
5. Keep guards up / elbows in
6. Use lateral movement (side to side)
7. Follow up your kicks with punches, and your punches with kicks; use combinations!
8. Stay on the balls of your feet
9. When kicking, try sliding instead of stepping
10. Control your technique

### **Self-Defense # 4- Bear Hug (3 Second Execution)**

1. Attacker grabs student from behind in a bear hug
2. Student head butts back stomps foot
3. Student drops into a low open stance and pushes arms up with a double lateral raise

4. Student grabs attackers foot and pulls down
5. Student holds onto leg and does a back kick to groin

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