

Blue Belt

Basic Kicks

1. Straight Leg
2. In to Out
3. Out to In
4. Front
5. Snap
6. 45 Degree
7. Twist
8. Roundhouse
9. Side
10. Hook
11. Back
12. Spin Hook
13. Spinning in to out
14. Crescent in to out
15. Crescent out to in

Jump Kicks

1. In to Out
2. Out to In
3. Front
4. Roundhouse
5. Side
6. Hook
7. Back
8. Jump spinning hook
9. Spinning out to in
10. 360 Back

Fitness Requirements :

See new requirements
sheet based on age and
belt level
Change effective: 2/07

Combination Kicks

1. Skip Front - Jumping Straight Back
2. Skip Roundhouse - Jump Spinning In-to-Out
3. Step Behind Side - Flying Side
4. Skip Hook Roundhouse - Spinning Hook Roundhouse
5. Triple Roundhouse Hook (back leg)
6. Skip In-to-Out - Motion In-to-Out
7. Out-to-In - Jump Spinning Out-to-In (Tornado)

You must still continue to improve:

Tae Kyuk Il Jang & white belt kicks

Tae Kyuk Ye Jang & yellow belt kicks

Tae Kyuk Oh Jang & green belt kicks

Palgae Youk Jang
(6th Palgae Form)

Look to the left/Turn 90° left/Step left foot to left back stance/Double middle knife hand block
Right leg front kick stepping into right front stance/Left target/Right front punch

Look to right/Turn 90° right/Step right foot to right back stance/Double middle knife hand block
Left leg front kick stepping into left front stance/Right target/Left front punch

Look to front/Step into left front stance/Left hand low block

Reverse Jae Bee (3 second move)

Twist to right shoulder forward/(prepare right over left) Right reverse single knife hand (3 sec move)

Step into right front stance/Left reverse punch (back heel is down)

Twist left shoulder forward/(left over right) Left reverse single knife hand (3 sec move)

Step into left front stance/Right reverse punch (back heel is down)

Twist right shoulder to forward/(right over left) Right reverse single knife hand (3 sec move)

Right leg roundhouse kick (kick to front, pivot bottom foot) & YELL (continue movement to below)

Turning 270° left/Step into left back stance/Left low double knife hand block

Open to left front stance/Cross right over left into double in-to-out outer forearm block (3 sec move)

Right leg front kick into right front stance/Left target/Right arm punch/Left arm punch

Look right/Turn 180° right/Step into right back stance/Right low double knife hand block

Open to right front stance/Cross right over left into double in-to-out outer forearm block (3 sec move)

Left leg front kick into left front stance/Right target/Left arm punch/Right arm punch

Look left/Turn 90° left (back)/Step left leg into left back stance/Double middle knife hand block

Left leg steps to inverted left front stance as hands prepare as high then shoulder height knife hands

Twist to left front stance/Left high knife hand block & Right palm heel strike (from inverted 3 sec move)

Right leg front kick into right front stance/Right arm downward backfist & YELL

Left leg front kick into left front stance/Left arm high block

Right leg side kick into right back stance/Double knife hand block

Skip into right back stance/Double knife hand block

Look left (front)/Turn 180° left/Step into left back stance/Double knife hand block & YELL

Return to ready stance = Look front/Left leg moving back)