

Blue Belt Curriculum

Blue Belt Pattern, 22 Movements

Palgwe Sohm Chong

<u>Direction</u>		<u>Stance</u>	<u>Action</u>
L	¼ turn	Front	Low Block Middle Punch
R	½ turn		Low Block Middle Punch
L	¼ turn		Low Block High Block High Block High Punch (Kiyap)
L	¾ turn	Back	Double Knife Hand Middle Block Double Knife Hand Middle Block
R	½ turn		Double Knife Hand Middle Block Double Knife Hand Middle Block
L	¼ turn		Middle Block
R	½ turn		Middle Block Out to Inside Middle Block Out to Inside Middle Block Out to Inside Middle Block
R	½ turn		Middle Block
L	¾ turn		High Block High Punch
R	½ turn		High Block High Punch Kiyap

Blue Belt Basics

Front Stance

Twin Palm Up Knife Hand Strike
Uppercut
Hammer Fist Outside Attack

Back Stance

Out to Inside Middle Block
Palm Down Knife Hand Strike
Reverse Hand Middle Punch
Palm Down Knife Hand Strike/ Reverse Middle Punch

Blue Belt Kicking Combination

Round House Kick/Round House Kick/Spinning Hook Kick

Blue Belt Self Defense

5 Wrist Locks