

Advanced Blue Belt Skills



White Stripe

Wall Escape

(partner holds you against wall)

- Both arms go up and over attacker's
- While holding a "V" with arms, push down and pull toward your body
 - Elbow strike face
 - Knee attacker
 - Shove through attacker

Testing Skills:

- Recite Cycle Topic
- Wall Escape w/a partner
- Joon-Gun Hyung
- Clapper Target Drills
- Fighting Drills
- Sparring

Green Stripe

Clapper Target Drills

- #1 hook kick
- Spin crescent kick
- Spin side kick

Red Stripe

Joon-Gun Hyung

Other Skills

Fighting Drills #1-#5

(See digital dojang)