

# 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)