

BLUE BELT POCKET STUDY GUIDE

FIRST BLACK STRIPE:

Positive Self-Motivation:

- Winning Black Belts dwell on the rewards of success, not on the penalties of failure. Positive self-motivation arrives through visualizing your desires while limiting your fears.

Kicking Requirement:

- Run Jump Side Kick

SECOND BLACK STRIPE:

One Step Sparring #3

1. Prepare with right hand. Step to the right (90°), Outside-Inside Block (right hand).
2. Twist hips (90°), Left Hand Middle Punch.
3. Twist hips (90°), Right Hand High Punch.
4. Pull left foot to rear, prepare for Side Kick (right foot). Side Kick, Ki Hap. Return foot to rear.

One Step Sparring #4

1. Prepare with left hand. Step to the left (90°), Outside-Inside Block (left hand).
2. Twist hips (90°), Right Hand Middle Punch.
3. Twist hips (90°), Left Hand High Punch.
4. Pull right foot to rear, prepare for Side Kick (left foot). Side Kick, Ki Hap. Return foot to rear.

THIRD BLACK STRIPE:

1. Step to the left in a back stance, high double forearm block,
2. Chamber right hand, uppercut, aim with right arm, side punch (left hand).
3. Turn to the right in a back stance, high double forearm block,
4. Chamber left hand, uppercut, aim with left arm, side punch (right hand).
5. Step down the middle, prepare for side kick (right leg).
6. Right leg side kick, Ki Hap (yell),
7. Step back with right foot, middle soo do block (left hand),
8. Step and middle soo do block (right hand),
9. Step and middle soo do block (left hand),
10. Step and spear hand, (right hand). Ki Hap (yell).

FOURTH BLACK STRIPE:

11. Turn backwards to the left, middle soo do block (left hand).
12. Step 45°, middle soo do block (right hand).
13. Turn to the right, middle soo do block (right hand).
14. Step 45°, middle soo do block (left hand).
15. Step to the middle, reverse inside outside block (right hand).
16. Right leg front kick, drop forward into middle punch (left hand), inside-outside block (left hand).
17. Left leg front kick, drop forward into middle punch (right hand).
18. Step and middle twin fist block (right hand). Ki Hap (yell).
19. Turn backwards into low block (left hand), turn hip back, middle soo do block in a front stance (left hand).
20. Step 45°, high block (right hand).
21. Turn to the right, low block (right hand), turn hip back, middle soo do block in a front stance (right hand).
22. Step 45°, high block (left hand). Ki Hap (yell).

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