



REQUIREMENTS FOR BLUE BELT TO
3- GUP - ADVANCED BLUE BELT

Prerequisites:

Blue Belt or Advanced Blue Belt equivalent.
Minimum 32 classes of continuous training at blue belt
Test fee due at test time: \$110.00
Must know all previous ranks forms

Mental Requirements:

Respect for yourself, your family, the school, and all the students
Self-motivated; works hard without being told to
Does not need to justify mistakes
Able to handle new or awkward situations

Basic Kicks:

#16 Jump Roundhouse Kick *Dit O Dolyu Cha Ki*
#17 Short (hook) Back-heel Kick *Ban Dwi Do Cha Ki*
#18 Front, Roundhouse Kick *Ap Dolyu Cha Ki*

Flying Front Kick (Raise and kick same leg - raise and kick opposite leg)

Form Basics & Form:

Stances: Front Leg Stance & In-line Stance

Form Basics:

21. Angle Neck Attack (*Reverse neck strike / high block + front kick + hopping back-knuckle strike with Ki-hop*) (*Imo-ddd*)
22. Both Hands Outer-forearm Attack (*Both hands outer-forearm block + front kick + front / reverse punch with high chamber*) (*Imo-ddd*)
23. "X" Block Attack (*Low "X" block + high "X" block in short back stance + release + side middle punch + side middle punch with Ki-hop*) (*Imo-ddd*)
24. Bow and Arrow Strike (*Imo-ddd*)

Form:

Pung An Two - Intermediate Form Two

Self Defense Theory:

- o Fighting Combination: Crescent kick + Reverse hook kick + Driving punch with *Ki-hop*.
- o One Step Spars (Multiple counter-attacks. Fast only)
- o Sticky Hands against two people. (Feet in the bucket, see both opponents at the same time)
- o Three basic leg sweeps: 1) Front leg sweep from same side stance 2) Back leg sweep from opposite side stance 3) Spinning reverse leg sweep from same side stance
- o Free Sparring with leg sweeps.

Teen/Adult Students Jiu Jitsu:

Get back to your feet drill

Basic Positions

1.Full Guard 2.Half Guard 3.Mount 4.Side Control 5.Back

Basic Attacks

1.Elbow Escape 2.Sit-up Sweep (From Guard) 3.Scissor Sweep to Mount 4.Basic Cross Choke 5.Basic Cross Choke from Mount 6.Basic Armlock 7.Proper Posture in Guard 8.Cross Choke from Guard 9.Cross Choke Defense in the Guard 10.Armlock from Guard 11.Triangle from Guard 12.Guillotine Choke from Guard 13.Guillotine Choke Defense 14.Standing Guillotine Choke