

BLUE BELT REQUIREMENTS

STRIKES :

**FORWARD ELBOW STRIKE, SIDEWAY HAMMER FIST,
DOWNWARD HAMMER FIST, PULL-IN ELBOW STRIKE**

KICKING :

STEP SIDE KICK, BACK KICK

STANCES :

FRONT CROSS (X) STANCE

SELF DEFENSE :

HOOK PUNCH

SPARRING :

**COVER PUNCH & FOLLOW UP KICK
COUNTER KICK TO A INCOMING ROUND KICK,
V-STEP INTO ROUND KICK,
V-STEP INTO SPIN ROUND KICK**

POOMSAE :

TAEGEUK 5 + TAEGEUK 1 + TAEGEUK 2

BOARD BREAKING :

**ROUND KICK SPIN ROUND KICK,
ROUND KICK BACK KICK**