



Blue Belt Adult's Requirements:

*New Techniques from Adv. Green Belt
Also Responsible for all Material Previous Learnt*

Hand Techniques:

Strikes:

- Upward Elbow
- Downward Elbow
- Round Elbow
- Reverse Elbow

Kicks:

- Spinning Hook Kick
- Flying Side Kick

Forms:

Do San – Devoted to Educating Korea

Other Skills:

- Contact Sparring
- Moving Basics

Break:

Any Hand Technique

Self Defense:

Break Aways

Korean Language and Related Trivia:

Count To 50 In Korean

To count past 10, add the numbers to the
tens place. example:

11 is 10+1=Yuhl hana

20-soomoohl

30-suh rune

40-ma hoon

50-sheen