

# Blue Belt

## Examination requirements

2 of 3

### Belt Concept: Balance and Rationality

#### RED STRIPE

##### A. Technical 3 Count Hook Kick

1. Hook kick fold (just like side kick chamber)
2. Hook kick snap to round kick fold position
3. Foot Down

#### BLUE STRIPE

##### B. Combinations

1. Offensive reverse hook kick, back leg round kick, back punch
2. Offensive front leg hook kick, back leg front kick, reverse hook kick, back punch
3. Offensive back leg round kick, same leg tornado kick, reverse hook kick, back ridge hand

#### YELLOW STRIPE

##### C. “Jungyee” form meaning “Justice”

#### Green Stripe

##### D. Sparring Drills

1. Defense against leaping back fist: Fade side kick
2. Defense against round kick: Reverse side kick (closed stance)
3. Defense against round kick: Reverse hook kick to the head

Note: Minimum 30 lessons  
All previous belt requirements