



BLUE Belt Curriculum (Spirit Team)

1. TRADITIONAL MOVEMENT

- Forward Stance
 - Scissor Block (Down Block – Inside-Out Middle Block)
 - Augmented Inside-Out Middle Block
- Cat Stance

Forms

- Pal-Gwe #5
- Pal-Gwe #6

Traditional Movement testing

2. SELF DEFENSE

Level 2: Escape & Follow Up

- Bear Hug
- Basic Ground Control
- Focus Mitts

Sparring

Self Defense testing

3. HAND TECHNIQUES

- Double Punch – Front Hand Ridge Hand
- Jump Spinning Back Fist – Reverse Punch
- Flying Reverse Punch

Hand Testing

4. KICKING TECHNIQUES

- Front Leg Side – Hook – Round Kick
- Turn Back Kick – Hook – Round Kick
- Front Leg Jumping Hook – Round Kick
- Flying Spin Crescent Kick
- Retreating Side Kick
- Retreating Spin Crescent Kick
- Flying Side Kick
- Pad Kicking
 - Defensive Jump Back Kick
 - Rear Leg Jump Round Kick
 - Flying Back Kick

Kick testing

5. COMBINATIONS

- Double Punch – Front Hand Ridge Hand – Jump Spin Crescent
- Rear Leg Front – Double Round – Tornado Kick – Spin Crescent – Back Fist – Reverse Punch
- Front Leg Side – Hook – Round Kick – Rear Leg Side – Hook – Round Kick

Combo Testing