### Technical Information

#### Blue Belt Testing Requirements

**A. Basics & Kicks = 1st stripe**
1. Low X-block - ridgethand block - Horiz. palm heel
2. Knifehand square block - Side high/low block
3. Twin upset punch - Reverse upward elbow
4. Upset Knifehand - Head grab - Knee strike

**B. Form & Free sparring = 2nd stripe**
1. In Wha 2 = 42 Moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

**C. Board Break = 3rd stripe**
1. Break 1 station 1 board
2. Sparring segments # 1-2-3
3. Self-defense techniques

### Form: IN WHA EE-JAHNG (#2)

<table>
<thead>
<tr>
<th></th>
<th>STANCE</th>
<th>SECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>B X-Block</td>
<td>F L</td>
</tr>
<tr>
<td>2</td>
<td>B Twin Upset Punch</td>
<td>F M</td>
</tr>
<tr>
<td>3</td>
<td>R Jump Front Kick</td>
<td>M/H</td>
</tr>
<tr>
<td>4</td>
<td>L Reverse Upward Elbow Strike</td>
<td>F H</td>
</tr>
<tr>
<td>5</td>
<td>R Punch</td>
<td>F H</td>
</tr>
<tr>
<td>6</td>
<td>L Ridgethand Block</td>
<td>M H</td>
</tr>
<tr>
<td>7</td>
<td>L Knifehand Low Block</td>
<td>M L</td>
</tr>
<tr>
<td>8</td>
<td>L #3 Hook Kick</td>
<td>M/H</td>
</tr>
<tr>
<td>9</td>
<td>L Round Kick</td>
<td>M/L</td>
</tr>
<tr>
<td>10</td>
<td>L Back Fist</td>
<td>M M</td>
</tr>
<tr>
<td>11</td>
<td>L Knifehand Strike</td>
<td>M H</td>
</tr>
<tr>
<td>12</td>
<td>B X-Block</td>
<td>F L</td>
</tr>
<tr>
<td>13</td>
<td>B Twin Upset Punch - Ki-hap</td>
<td>F M</td>
</tr>
<tr>
<td>14</td>
<td>L Jump Front Kick</td>
<td>M/H</td>
</tr>
<tr>
<td>15</td>
<td>R Reverse Upward Elbow Strike</td>
<td>F H</td>
</tr>
<tr>
<td>16</td>
<td>L Punch</td>
<td>F H</td>
</tr>
<tr>
<td>17</td>
<td>R Ridgethand Block</td>
<td>M H</td>
</tr>
<tr>
<td>18</td>
<td>R Knifehand Low Block</td>
<td>M L</td>
</tr>
<tr>
<td>19</td>
<td>R #3 Hook Kick</td>
<td>M/H</td>
</tr>
<tr>
<td>20</td>
<td>R Round Kick</td>
<td>M/H</td>
</tr>
<tr>
<td>21</td>
<td>R Back Fist</td>
<td>M M</td>
</tr>
</tbody>
</table>

### Sparring Segments

**Segment #1**
- Sparring stance
  - L #1 Outer crescent kick (H)
  - R Outer forearm block (H)
  - L Punch (H)
  - R Reverse punch (M)
  - L Low block (L)
  - R Jump spin outer crescent kick (H)
  - L Back fist (M)
  - R Reverse punch (H)
  - R Back fist (H)
  - L Punch (M)

**Segment #2**
- Sparring stance
  - L #2 Side kick
  - R Jump spin outer crescent kick (L)
  - R Punch (R)
  - L Reverse punch (L)
  - L Horizontal palm heel (L)
  - R #3 Jump outer crescent kick (H)

**Segment #3**
- Sparring stance
  - R Sparring stance
  - R Punch
  - R Knifehand strike (H)
  - L Spin backfist (counter clockwise) (M)
  - L Spin hook kick (H)
  - R #1 Round kick (continuous) (H)
  - R Hook kick (H)
  - L Reverse side kick (M)
  - L #3 Jump side kick (M)

### Self-defense Techniques

**A. Attacker (A)**
1. One arm shoulder grab from behind.
2. Spin strong side, Lock up, Knee to Common personal, Arm bar, Takedown.

**D. Defender (D)**
1. One arm shoulder grab from behind.
2. Spin off side, Lock up, Palm heel stun to Brachial Plexus, Head grab, Knee strike, Thumb stun.

“
A Martial Art that Trains People Physically and Mentally”
Blue Belt Testing Requirements

**A. Basics & Kicks - First Stripe**

1. Low X-block, Ridgehand block, Horizontal palm heel, Knifehand square block, Side high/low block, Twin upset punch, Reverse upward elbow, Upset knifehand, Head grab, Knee strike.
2. Jump reverse crescent kick, Step jump reverse crescent kick, Jump spin crescent kick, Step jump spin crescent kick, Reverse round kick, Step forward reverse round kick.

**Form: In Wha Ee-Jahng (2)**

1. Right foot steps south to right front stance; low X block with fists.
2. No step. Twin upset punch to middle section.
3. Step left foot forward to parallel stance (feet shoulder width apart); right jump front kick to south.
4. Land in left front stance; left vertical elbow strike. And...
5. In continuous motion, right punch to high section.
6. Right foot moves east 1 shoulder width, then left foot steps counterclockwise 90 degrees to middle stance to north, turn face to west; left ridgehand block to side (high section). And...
7. In continuous motion, left knifehand low block
8. #3 left hook kick. And...
9. In continuous motion, left knifehand strike to side high section.
10. Land in middle stance; left backfist to side middle section. And...
11. Right foot steps to parallel stance to west; left foot steps forward to left front stance; low X block with fists.
13. Right foot steps forward to parallel stance (feet shoulder width apart); left jump front kick to north.
14. Land in left front stance; right vertical elbow strike. And...
15. In continuous motion, left knifehand to high section.
16. Left foot steps to the east one shoulder width then move right foot to middle stance to north, turn face to east; right ridgehand block to side (high section). And...
17. In continuous motion, no step right knifehand low block.
18. #3 right hook kick. And...
19. In continuous motion, right round kick
20. Land in middle stance; right backfist to side middle section. And...
21. Move left foot to closed stance, turning counter-clockwise to west, turn face to north middle stance to left middle stance. And...
22. In continuous motion, right knifehand strike to side high section.
23. Move left foot to closed stance, turning counter-clockwise to west, turn face to south left knifehand low block to side. Kihap.
24. #1 left side kick. Land in middle stance. And...

**Sparring Segments**

1. **Segment #1**
   - L: Sparring stance
   - L: #1 Outer crescent kick H
   - R: Outer forearm block H
   - L: Punch H
   - R: Reverse punch M
   - L: Low block L
   - R: Jump spin outer crescent kick H
   - L: Back fist M
   - R: Reverse punch H
   - R: Back fist H
   - L: Punch M

2. **Segment #2**
   - L: Sparring stance
   - R: #2 Side kick M
   - L: #2 Jump spin outer crescent kick H
   - R: Punch H
   - L: Reverse punch H
   - R: Horizontal palm heel H
   - R: #3 Jump outer crescent kick H

3. **Segment #3**
   - R: Sparring stance
   - R: Punch H
   - R: Knifehand strike H
   - L: Spin back fist (counter clockwise) M
   - L: Spin hook kick H
   - R: #1 Round kick (continuous) H
   - R: Hook kick H
   - L: Reverse side kick M
   - L: #3 Jump side kick M

**Self-Defense Techniques**

1. (A) One arm shoulder grab from behind.
   (D) Spin strong side, Lockup, Knee to common peroneal, Arm bar, Takedown.

2. (A) One arm shoulder grab from behind.
   (D) Spin off side, Lockup, Palm heel stun to Brachial Plexus, Head grab, Knee strike, Thumb stun.