

Blue Belt Test

Stances

- Fighting Stance
- Chun Bi
- Front Stance
- Back Stance

Punching

- Rear Hand Punch
- Double Punch
- Double Punch, Front Ridge Hand

Kicking

- Front Leg Snap Front Kick
- Rear Leg Crescent Kick
- Front Leg Round Kick
- Front Leg Side Kick
- Front Leg Hook Kick

Combination Kicking

- Hook Kick, Round Kick (Scooting in)

Self Defense (Emergency and Release)

- Front Choke *Rear Choke (Two Hands) *Rear Forearm Choke
- Double Lapel Grab *Single Lapel
- Same, Cross, and Two Hand Wrist Grabs (6)

One-Step Sparring

- Front Kick Defense

Traditional Form Movements

- Double Knife Hand Block (Advancing)
- Stepping Punch (Advancing)
- Under Middle Block, Shift-Punch, Rising Block, Back Leg Side Kick, Double Knife

Form

- Palgue 7

Kick-Punch Combination

- Double Round Kick, Double Punch, Back Leg Round Kick

Sparring

- 2 Rounds

Projected Promotional Schedule:

40 to 64 lessons and 5 to 8 months of attendance, as well as an understanding of the techniques, are required for promotion!