

Blue Belt Basic Techniques

- X-Block
- #1 Front Kick
- Reverse Upward Elbow Strike
- #3 Hook Kick
- Knifehand Square Block
- Upset Knife Hand Strike

		STANCE		TARGET				
Form: IN WHA EE-JAHNG (#2)								
1.	B	X-Block	F	L	22. R	Knifehand Strike	M	H
2.	B	Twin Upset Punch	F	M	23. L	Knifehand Low Block - Ki-hap	C	L
3.	R	Jump Front Kick		M/H	24. L	#1 Side Kick		M/H
4.	L	Reverse Upward Elbow Strike	F	H	25. L	#3 Hook Kick		M/H
5.	R	Punch	F	H	26. L	Double Knifehand Block	B	H
6.	L	Ridgehand Block	M	H	27. R	Knifehand Square Block	B	H
7.	L	Knifehand Low Block	M	L	28. L	Reverse Upset Knifehand Strike	B	H
8.	L	#3 Hook Kick		M/H	29. R	Punch	B	M
9.	L	Round Kick		M/H	30. B	Head Grab	F	H
10.	L	Back Fist	M	M	31. L	Knee Strike		M
11.	L	Knifehand Strike	M	H	32. R	Side High/Low Block	M	H&L
12.	B	X-Block	F	L	33. R	Knifehand Low Block - Ki-hap	C	L
13.	B	Twin Upset Punch - Ki-hap	F	M	34. R	#1 Side Kick	M	M/H
14.	L	Jump Front Kick		M/H	35. R	#3 Hook Kick		M/H
15.	R	Reverse Upward Elbow Strike	F	H	36. R	Double Knifehand Block	B	H
16.	L	Punch	F	H	37. L	Knifehand Square Block	B	H
17.	R	Ridgehand Block	M	H	38. R	Reverse Upset Knifehand Strike	B	H
18.	R	Knifehand Low Block	M	L	39. L	Punch	B	M
19.	R	#3 Hook Kick		M/H	40. B	Head Grab	F	H
20.	R	Round Kick		M/H	41. R	Knee Strike		M
21.	R	Back Fist	M	M	42. L	Side High/Low Block	M	H&L

Self-defense Techniques (A) Attacker (D) Defender

- | | | |
|---|--|--|
| 1 | (A) One arm shoulder grab from behind.
(D) Spin strong side, Lock up, Knee to Common peroneal, Arm bar, Takedown. | (A) One arm shoulder grab from behind.
(D) Spin off side, Lock up, Palm heel stun to Brachial Plexus, Head grab, Knee strike, Thumb stun. |
|---|--|--|