

Requirements for Promotion to Blue Belt

- 1) Basic Motion – the student should be able to demonstrate all lower belt techniques with increased proficiency.
 - a) Cat stance
 - b) Hand techniques
 - i) Ridge hand
 - ii) Elbow strikes
 - c) Foot techniques
 - i) Jump side kick
 - ii) Hook kick
 - d) The student should be able to demonstrate all the required techniques in combination with each other
 - e) The student should be able to demonstrate the following techniques with a partner as either attacker or defender. (They are listed *attack – defense*)
 - i) Chongul punch – chongul up block
 - ii) Chongul punch – fugul sudo block
 - iii) Fugul, back leg side kick – fugul half moon block
- 2) Kata
 - a) Lower belt forms (Taegot 1, 2, 3, Pinan 1 and 2)
 - b) New forms
 - i) Pinan 3
 - ii) Pinan 4
- 3) One Step Sparring
 - a) The student should demonstrate five new techniques
 - b) Elbow locks, chokes, strangles, and basic take-downs are permitted.
 - c) Wrist locks, wrist throws, aerial throws, and “high level” throws are not permitted.
- 4) Jujitsu
 - a) The student should be able to demonstrate all previously learned techniques.
 - b) Defenses against three “new” attacks are required.
 - c) The recommended set includes double hand grab from the rear, head lock, and chicken wing. Alternatives are allowed at the instructor’s discretion.
 - d) Elbow locks, chokes, strangles, and basic take-downs are permitted

e) Wrist locks, wrist throws, aerial throws, and “high level” throws are not permitted.

5) Technique Limits

a) Examples of techniques that are permitted

i) Simple sweeps

ii) Reaps

iii) Shiho nage

iv) Chin techniques

v) Ikkyo

b) Examples of techniques that ARE NOT permitted

i) Hip throws (in any form)

ii) Chinese sweep

iii) Tomonage

iv) Body scissors

v) Kote gaeshi

vi) Nikyo and sankyo

6) Other – the student must have competed in at least two intramural tournaments to be eligible.