

3RD GRADE

# BLUE BELT

**Belt Philosophy**

The tree reaches  
 for the sky  
 towards  
 new heights.

**In Wha**

An Unbroken Glory

**Choong Jung**

All things turn out  
 perfect and beautiful.

**Minimum Hour requirement: 16 hours**

**Belt Stripes**

**MC/LS:**  
 2 Station Combat  
 Board Break

Self Defense  
 Free Sparring  
 1 Station Board Break

Form of the testing cycle  
 Martial Arts Attitude

**Basic Techniques**

**Intent to promote**

**Consistency:**  
 2 classes per week

**Monthly Life Skill**

**In Wha Ee-Jahng  
 Blue Belt Form**

42 moves  
 3 Ki-haps on:  
 13 - Twin upset punch  
 23 - Knifehand low block  
 33 - Knifehand low block

**Choong Jung Il-Jahng  
 Brown Belt Form**

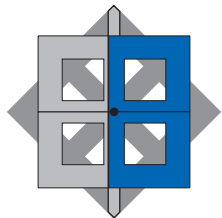
44 moves  
 3 Ki-haps on:  
 12 - Front Kick  
 22 - Punch  
 32 - Reverse palm heel  
 strike

**Choong Jung Ee-Jahng  
 Red Belt Form**

46 moves  
 3 Ki-haps on:  
 11 - Palm heel strike  
 21 - Reverse hook kick  
 31 - Horizontal back elbow  
 strike

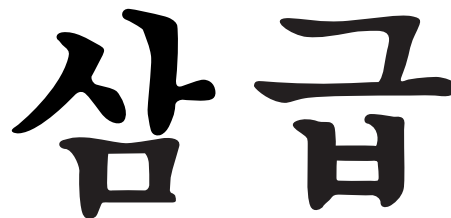
**ATA FACTS**

Sah-bum Nim = Instructor  
 Tae Sah Boo = Master Instructor  
 Dae Sah Boo = Grand Master Instructor



In Wha Ee-Jahng (2)

## Technical Information



### 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

#### B. Form - Second Stripe

1. In Wha 2, 42 moves
2. Martial Arts attitude

#### C. Sparring - Third Stripe

1. Break 1 station 1 board
2. Free Sparring
3. Self Defense Techniques

### 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 right 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 round kick.
10. Land in middle stance; left backfist to side middle section. And...
11. In continuous motion, left knifehand strike to side high section.
12. Double step (right foot steps to closed stance to north, left steps north) to left front stance; low X block with fists.
13. No step. Twin upset punch to middle section. **Kihap.**
14. Right foot steps forward to parallel stance (feet shoulder width apart); left jump front kick to north.
15. Land in left front stance; right vertical elbow strike. And..
16. In continuous motion, left punch to high section.
17. Left foot steps over 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...
18. In continuous motion, no step right knifehand low block.
19. #3 right hook kick. And...
20. In continuous motion, right round kick
21. Land in middle stance; right backfist to side middle section. 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..

25. In continuous motion, #3 left hook kick. Land in right back stance. And...
26. In continuous motion, double knifehand block.
27. Right foot moves 90 degrees clockwise to left back stance pointing east; knifehand square block
28. Turn face to north, left upset knifehand strike to north high section. And...
29. In continuous motion, turn face to east, right punch to east middle section.
30. Shift right foot to a right front stance to east; twin palm head grab with hands held vertically.
31. Left knee kick through hands.
32. Put left foot down to parallel stance to east. Right foot steps forward (east) to middle stance; turn face to west, right high inner forearm block/left low clock to sides.
33. Turn face to north, move left foot to closed stance, turning counterclockwise to face west; right knifehand low block to side. **Kihap.**
34. #1 right side kick. Land in middle stance. And.
35. In continuous motion, #3 right hook kick. Land in left back stance. And...
36. In continuous motion, double knifehand block.
37. Left foot moves 90 degrees west to right back stance pointing west; knifehand square block.
38. Turn face to north, right upset knifehand strike to north high section. And...
39. In continuous motion, turn face to west; Left punch to west middle section.
40. Shift left foot to left front stance to west; twin palm head grab with hands held vertically.
41. Right knee kick through hands
42. Put right foot down into parallel stance to west. Left foot steps forward (west) to middle stance. Turn face to east, left high inner forearm block / right low block to sides.

Bahroh - right foot steps back to ready stance.

### Sparring Segments

#### 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

#### Segment #2

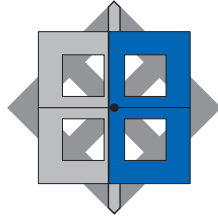
- L Sparring stance
- R #2 Side kick M
- L #2 Jump spin outer crescent kick H
- R Punch H
- L Reverse punch H
- R Horizontal palm heal H
- R #3 Jump outer crescent kick H

#### 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.



## Color Belt Philosophy

The philosophical interpretation of the Blue Belt is:

"The tree reaches for the sky towards new heights." Having passed the midway point, the student focuses his/her energy upwards toward Black Belt.

**Form** - Individual action

**Power** comes from many different sources. Distance, timing, speed, and **body weight** - shoulder and hips must set direction of strike. Remember, power is a combination of all basic skills. If you have a problem displaying power, check the following basics. Make sure you are performing your techniques correctly. Second, check your balance. And last, check with your instructor for more detailed guidelines.

Segments break down: 5 - 6 - 5 - 6 - 4 - 6 - 4 - 6

In Wha Ee Jahng (2) has 42 movements and its Ki-haps are on the 13th movement (twin upset punch), the 23rd movement (left knifehand low block), and the 33rd movement (right knifehand low block).

**Board Breaking** - Evidence of Power

Blue belts will break 1 station and only 1 board regardless of age or gender. Board sizes will be the same as prescribed in the Instructor Manual.

## Technique Requirements

1. Front Kick
2. Side Kick
3. Round Kick

## Free Sparring

Free sparring for testing should be done to exhibit proper technique for the Blue Belt level in combination form.

The first stage of a winning strategy is to understand distance. The second stage is to look for the opponent's weakness - bad habits, slow movements, repeating patterns, etc.

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## From Sir Walter Scott

One hour of life, crowded to the full with glorious action, and filled with noble risks, is worth years of those mean observances of paltry decorum in which men steal through existence, like sluggish waters through a marsh, without either honor or observation.