

TECHNICAL INFORMATION

Blue Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Low X-block - ridgehand block - Horiz. 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 & 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)

		STANCE	SECTION			STANCE	SECTION		
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

Sparring Segments

Segment #1	Segment #2	Segment #3
L Sparring stance	L Sparring stance	R Sparring stance
L #1 Outer crescent kick H	R #2 Side kick M	R Punch H
R Outer forearm block H	L Jump spin outer crescent kick H	R Knifehand strike H
L Punch H	R Punch H	L Spin backfist (counter clockwise) M
R Reverse punch M	L Reverse punch H	L Spin hook kick H
L Low block L	R Horizontal palm heel H	R #1 Round kick (continuous) H
R Jump spin outer crescent kick H	R #3 Jump outer crescent kick H	R Hook kick H
L Backfist M		L Reverse side kick M
R Reverse punch H		L #3 Jump side kick M
R Backfist H		
L Punch M		

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*.
2. (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*.

"A Martial Art that Trains People Physically and Mentally"

COLOR BELT PHILOSOPHY

The philosophical interpretation of the Blue Belt is:
"The tree reaches for the sky towards new heights." *Having passed the mid-way 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 & 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

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.

Sir Walter Scott