

## Blue Belt Stripe Requirements

Blue Belt is one of the most exciting belts in Taekwondo. Your new kicks are some of the most dynamic and fun kicks that we do. They are also very challenging and require patience to learn. Also at blue belt you'll need to purchase a re-breakable board from Mr. Martin. When you get your new board you must break it in. The way that you do that is to put the board against a wall at a 45 degree angle and stomp it and put it back together at least 20 times. This is a must to ensure that you are practicing with the right tension on the board for your age. The proper board color with age requirements are in your student manual. After you break in your board, bring it with you every class in your sparring bag. We will have time after most classes for you to practice your board breaks. Practice at home is also encouraged, but please let Mr. Martin teach you the proper set up and technique before any breaking is done at home.

All throughout blue belt, the breaking that you will focus on will be testing board breaking. At brown belt, board breaking is a testing requirement with the student getting 3 tries to break his/her board. The hand techniques to choose from are elbow strike, hammer fist and palm heel strike. The foot techniques to choose from are front kick, side kick and round kick. These are the only breaks that you will be allowed to practice after class in order to get you ready for your future belt testings.

Also at blue belt, you'll notice that the stripe requirements will get a lot harder. Don't get discouraged by this, it is just a new challenge on the road to black belt. As a result of the harder stripes, you will need to attend at least 2-3 classes per week in order to learn everything before testing. Attending frequent classes early in blue belt go a long way, so we'll see you in class!

### Stripes

- 1.) New Techniques
  - 👊 Ridgehand block in a cat stance
  - 👊 Upper palm heel block in a back stance
- 2.) New Techniques
  - 👊 Double knifehand block in a back stance/Switch to a reverse elbow strike in a front stance
  - 👊 X Block (high)
- 3.) New Techniques
  - 👊 Back fist in a back stance/Change to a front stance reverse punch
  - 👊 Double inner forearm block in a front stance/Change into a back stance lead hand punch to the nose/Rear leg side kick
- 4.) New Techniques
  - 👊 C Block
  - 👊 Double fist block in a back stance/Change into a front stance pressing palm heel block
- 5.) Demonstrate the Blue Belt Form
  - 👊 Demonstrate entire form with no mistakes and a lot of power
  - 👊 State the name and number of moves in this form

**Testing for Sr. Blue Belt is \$45.00**