

Blue Belt Requirements



Student Development: *Self Control*

- Front shoulder roll with arms out
- Back shoulder roll up to feet

- Front break fall
- Side break fall
- Back break fall

- X-block upward
- X-block downward
- Double knife edge block

- Back fist strike
- Reverse knife strike
- Spear strike
- Reverse ridge strike

- Jump side kick
- Jump spin kick
- Jump point kick
- Jump point kick follow through
- Front-jump-front kick
- Side-jump-side kick
- Point-jump-point kick
- Shuffle side kick
- Shuffle point kick

- Defense from outside wrist grab

- Importance of humility