

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 | | | | | |
|-----|---|-----------------------------|--------|---------|-----|---|--------------------------------|----|-----|
| 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

- 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 Backfist M
- R Reverse punch H
- R Backfist H
- L Punch M

Segment #2

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

Segment #3

- R Sparring stance
- R Punch H
- R Knifehand strike H
- L Spin backfist (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 (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