

Blue Belt Testing Requirements:

Blue Belt:

- As well as performing all of the basic techniques shown in White & Yellow Belt sections, Student must be able to complete more complex combinations (combinations are blending a series of techniques together to create a fight sequence).
- Student must perform basic self defense techniques. (this is done using classmates as attackers).
- Student must perform Taikyoku One, and Pinan Three Katas.

1st Degree Blue -

- Along with performing all techniques shown in White & Yellow belt sections Student must show familiarity with the following material
- Hook Kicks, & Basic spinning techniques. (spin backfist, spin hook kick, spin side kick, spin crescent kick)
- As always...Calisthenics.

2nd Degree Blue -

- Student must be more confident performing all material shown in 1st Degree Blue Belt section as well as more complex combinations (including some spinning techniques).
- Don't forget...Calisthenics.