

# Blue Belt Requirements

(Adults)

## Techniques

Begging Hands  
Thrusting Wedge  
Flashing Wings  
Hugging Pendulum  
Repeated Devastation  
Entangled Wing  
Defying the Storm  
Raking Mace  
Snaking Talon  
Shield and Mace  
Retreating Pendulum  
Tripping Arrow  
Returning the Storm  
Prance of the Tiger  
Twist of Fate  
Gift of Destiny  
Wings of Silk  
Gripping Talon  
Circling Horizon  
Destructive Twins  
Broken Ram

## Kicks

All

## Pressure Points/Anatomy

All Pressure Points/Bones of Head, Arms,  
and Torso

## Principles

Bob  
Weave  
Anatomical Positioning  
Body Momentum  
Chi, Ki, Prana  
Embryonic Moves  
Height Cancellation

Flame Patch  
Analogy of Bumper Truck  
Formulation Phase  
Telegraphing  
Spontaneous Phase  
Complimentary Angle  
Analogy of Solid/Liquid/Gas

## Forms

Long 2  
Finger Set

## Blocks

All

## Stances

All

## Strikes

All

## Sets

12-count

## Jui-Jitsu

Falcon's Claws  
Meeting of the Claws  
Binding the Cobra

## Fitness

30 Pushups  
30 Sit Ups  
30 Leg Lifts  
30 Squats

## Meditation

Sensing Energy

Analogy of Print/Script/Shorthand  
Analogy of Fast Lunch  
Environmental Awareness  
Defensive Offense

*"Knowledge is bound when one is compelled to tradition. Knowledge is endless when tradition is bound." -Ed Parker Sr.*

*"When pure knuckle meets pure flesh, that's pure Karate, no matter who executes it or whatever style is involved." -Ed Parker Sr.*

*"The great mistake is to anticipate the outcome of the engagement; you ought not to be thinking of whether it ends in victory or in defeat. Let nature take its course, and your tools will strike at the right moment." -Bruce Lee*

## **THERAPEUTIC PARALLELS/ASSIGNMENTS**

Assignment - Meditation has numerous benefits including increased respiration, blood flow, increased concentration, management or reduction of anxiety, etc., etc. etc. This assignment has two parts. In order to complete the assignment, you need to keep a "practice log" of your meditation to record your experiences. Complete the assignment on this subject to be turned in before or at your next belt test.

(\*\*This is a special assignment as your practice of meditation should continue after this assignment is complete and hopefully it will become a regular part of your life. I encourage you to continue recording your experiences with meditation as you advance in its practice)

Assignment – The Perpetual Flame patch was designed by Ed Parker to represent perpetual friendship and brotherhood. It also represents the 3 stages of learning; primitive, mechanical, and spontaneous. Complete the assignment on this topic to be turned in before or at your next belt test.

Assignment – The Analogy of the Fast Lunch refers to a situation in one ignores the barriers one needs to overcome or get around in order to reach one's target. One requires patience as barriers are overcome. Patience is defined as being "able to remain calm and not become annoyed when waiting for a long time or when dealing with problems or difficult people." Complete the assignment on patience to be turned in before or at your next belt test.