

Blue Belt Requirements

TECHNIQUES

Returning the Storm (*right figure 8 club attack*)
Thundering Hammer (*right hand step through punch*)
Parting Wings (*front 2 hand attempted grab or push*)
Raking Mace (*front 2 hand lapel grab*)
Begging Hands (*front 2 hand double wrist grab*)
Gripping Talon (*left hand left wrist grab*)
Destructive Twins (*front two hand choke*)
Snaking Talon (*front 2 hand attempted grab or push*)

FORMS

Long 2
Dancing Sabers

KICKS

Hatchet
Axe
Hook
Split
Scissor

TERMS AND PRINCIPLES

Bob and Weave
Anatomical Positioning
Economy of Motion
Chi
The Flame Patch
Environmental Awareness
Eight Considerations
Analogy of Fast Lunch/Weekend Dinner
Story (The Sculptor)

ANATOMY

Bones of the Torso

MEDITATION

Cup & Saucer

FITNESS (Daily)

20 Push-ups daily
25 Sit ups daily
20 Squats

SAYINGS

“Maturity is the realization of what lies within our innermost selves.” –Bruce Lee

“Empty your cup so that it may be filled. Become devoid to gain totality.” –Bruce Lee

“Study of the Martial Arts should shed worthless concepts; however shedding can only occur after various stages of learning and training have been experienced and tailored to fit you.” -Ed Parker

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.

