

Testing for **Blue Belt**

Requirements

- Belt test every 2 months
- Count from 1-60 in Korean
- Perform Purple Belt Form- *Tae Geuk Oh Jang*
- To Demonstrate and understand names of all basic, intermediate, and advanced kicks (6 Times)
- Do push-ups and sit-ups
- Complete 3-2 minute round of free sparring (W.T.F. approved sparring gear with school logo is required)
- Break 5 boards using Hammer Fist, Axe Kick, Side Kick, Turning Back Side Kick, and Spinning Hook Kick