

Blue Belt Requirements

Techniques

- Jump Back Kick
- Skip Back Drawback Apbal Kick
- Rear Leg Hook Kick
- Step Back Skip Axe
- Skip Back Exchange Padachugi

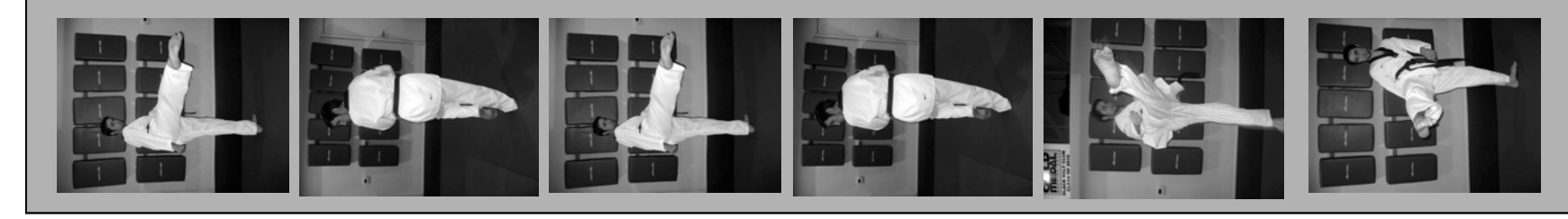
Combinations

- Round Kick-Nadabon-Back kick
- Cut kick-Side back kick in the air
- Cut Kick-Skip Ax Kick-Double Kick
- Round Kick-Step back Nadabon-Back Kick

Blue Sky Form

1. Chareyut– Attention
2. Choon-bee
3. Step forward with Left Leg into Fighting stance
4. Right Round Kick
5. Right Nadabon
6. Right Nadabon in the air
7. Move the Right foot to the right 45°
8. Right Fast kick
9. Left Round Kick
10. Right Back Kick
11. Turn 180° face opposite side
12. Left Cut Kick
13. 360° Back Kick
14. Move the Left foot to the left 45°
15. Left Fast kick
16. Right Round Kick
17. Left Back Kick
18. Turn 180° face opposite side
19. Right Cut Kick
20. 360° Back Kick

Blue Sky Form



1

Right round Kick

2

Right Nadabon

3

Right Nadabon in the air

4

Turn Right foot 45°



5

Right Fast Kick



6

Left Round Kick



7

Right Back Kick



8

Turn 180°



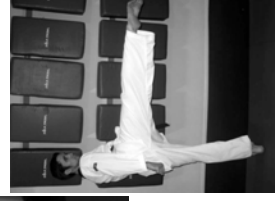
14

Left Fast Kick



15

Right Round Kick



Round Kick Back Kick in the Air



11

Left Cut Kick



16

Left Back Kick



19

Round Kick Back Kick in the Air



18

Right Cut Kick



17

Turn 180°

