

Formal Blue Belt Testing Requirements Guide

Punches

- Jab
- High Punch
- Back Fist
- Middle Punch
- Front Hook
- Uppercut
- Ridge Hand
- Knife Hand
- Elbow

Physical Fitness

- Push-ups
- Sit-ups
- Horse Stance

Self-Defenses

- Headlock
- Push
- Haymaker
- Break Fall
- Outside Wrist Grab
- Front Headlock
- Straight Punch
- Tackle

Combination Kicks

- Sliding Double Round Kick
- Front/Round Kick

Combinations

- Jab, high punch, front kick
- Slide up jab, stepping middle punch
- Jab, sliding round kick, high punch
- High punch, front kick, sliding side kick, high punch
- Step jab, high punch, turning round kick
- Jab, high punch, hook, uppercut

Basic/Power Kicks

- Offensive Front Kick (Power Kick)
- Turning Round Kick (Power Kick)
- Sliding Round Kick
- Sliding Side Kick (Power Kick)
- Defensive Side Kick (Power Kick)
- Defensive Front Kick
- Skipping Front Kick (Power Kick)
- Skipping Side Kick (Power Kick)