

# BLUE BELT

## TESTING REQUIREMENTS GUIDE

### PUNCHES

- Jab
- High Punch
- Backfist
- Middle Punch
- Front Hook
- Uppercut

### BASIC/POWER KICKS

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

### COMBINATION KICKS

- Front/Round Kick

### PHYSICAL FITNESS

- Push-ups
- Sit-ups
- Horse Stance

### SELF-DEFENSES

- Break Fall/Kick & Stand
- Front Choke
- Haymaker
- Outside Wrist Grab
- Front Bear Hug
- Straight Punch

### COMBINATIONS

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

### BELT

- Demonstrate you know how to properly tie your belt