



BLUE BELT (6TH KYU)

- Stripe One:** Footwork
- Shuffle Step
 - Full Step
 - Skip Step
- Stripe Two:** Blocks & Counters with Footwork
- Low Arc (Shuffle Back – Shuffle Forward)
 - Push Block (Shuffle Back – Shuffle Forward)
 - High Cover (Shuffle Forward)
 - Iron Wall (Short Skip Forward)
- Stripe Three:** Front Stance
Advancing Hard Blocking System
- Stripe Four:** Three-for-Threes:
- Skip Step Front Kick, 1-2
 - Skip Step Round Kick, 1-2
 - Skip Front, Skip Round, Reverse Punch
- Stripe Five:** Cat Stance
Retreating with knife-hand block
- Stripe Six:** Taikyoku Kata