

HIGH BLUE BELT

(jumping jacks, push-ups, crunches, side kicks, front kicks, punches (x2), leg lifts, mountain climbers, & side kick hold)

FITNESS

60



WORD OF THE BELT: **POSITIVE SELF-IMAGE**

Winning Black Belts have developed a self image which sees success, growth, achievement, and winning as the most likely outcomes.



COMBOS



1 SIDE KICK/SLIDE-IN HOOK KICK/ROUND KICK, FRONT OVERHAND BACKFIST, MID-SECTION REVERSE PUNCH



2 JUMP FRONT-LEG ROUND KICK, SPINNING BACKFIST, BACK-LEG ROUND KICK, REVERSE PUNCH



3 ROUND KICK/SIDE KICK, REVERSE SIDE KICK, BACK-LEG ROUND KICK, REVERSE PUNCH



4 SLIDE-IN HOOK KICK, BACK-LEG ROUND KICK, SPINNING BACKFIST, BACK RIDGEHAND



FORM



JOONG-GUN KOREAN PATRIOT AND POLITICAL ASSASSIN

MY BLUE BELT **GOAL**

TEST TIME!! DID YOU MEET YOUR GOAL?

Yes!

Not yet, still working on my goal!



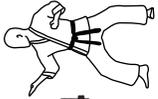
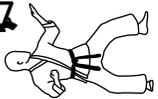
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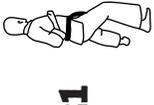
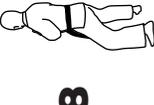
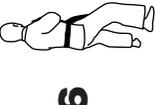
2 MONTHS



JOONG-GUN

"KOREAN PATRIOT AND POLITICAL ASSASSIN"

Upward palm strike  6 Cat Stance	Front Kick  5 Back Stance	Inverted Chop  4 Back Stance	Prepare  3 Back Stance	Inverted Chop  1 Back Stance	Front Kick  2 Cat Stance	Upward palm strike  3 Cat Stance
Sudo Block Back Stance 7	Sudo Block Back Stance 9	Upward Elbow Strike Front Stance 8	Upward Elbow Strike Front Stance 10	High Double Punch Front Stance 11	Double Uppercut Front Stance 12	Reverse Punch Front Stance 16
Inner Block Back Stance 14	Inner Block Back Stance 15	Backfist Back Stance 17	High X-block Front Stance 13	Backfist Back Stance 18	Inner Block Front Stance 19	Reverse Punch Front Stance 20

Stick Block  31 Back Stance	Guarding Stance  30 Back Stance	Stick Block  32 Back Stance	Double Press Block  29 Front Stance	Double Press Block  27 Front Stance	Back Leg Side Kick  25 Fighting Stance	Left Hand Aim/ Right Hand Punch  24 Fixed Stance	Fixed Stance  22 Back Leg Side Kick	Right Hand Aim/ Left hand punch  21 Fixed Stance
Fighting Stance  28	Fighting Stance  26	Right Reinforced Block  23 Front Stance	Left Reinforced Block  20 Front Stance					