

# BLUE BELT

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

FITNESS

50



## WORD OF THE BELT: **POSITIVE SELF-MOTIVATION**

Winning Black Belts dwell on the rewards of success, not on the penalties of failure. Winners move in the direction of their goals with purpose.



## COMBOS

- 1 OFFENSIVE FRONT PUNCH, BUMP OUTSIDE CRESCENT KICK, REVERSE PUNCH**
- 2 OFFENSIVE FRONT PUNCH, LUNGE PUNCH, REVERSE HOOK KICK, REVERSE PUNCH**
- 3 ROUND KICK (HIGH)/ROUND KICK (LOW), FRONT OVERHAND BACKFIST, MID-SECTION REVERSE PUNCH**
- 4 SIDE KICK, STEP-BEHIND SIDE KICK, BACK-LEG ROUND KICK, BACK-HAND BACKFIST, BACK-LEG ROUND KICK**



## FORM

- YUL-GOK** THE "CONFUCIUS OF KOREA"



SCAN ME  
to see this  
curriculum  
on our  
website!

## MY BLUE BELT **GOAL**

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## **TEST TIME!!** DID YOU MEET YOUR GOAL?

- Yes!  Not yet, still working on my goal!

2 MONTHS



Fast Punch



8

Fast Punch



7

Slow Punch



6



Position

Punch



1

Slow Punch



2

Slow Punch



3

Fast Punch



4

Fast Punch



5

Shuffle to right in Horse Stance (then stay in place)

Horse Stance (staying in place)

Side Block  
Front Stance



9

Aim /  
Back Leg  
Front Kick



10

Front  
Punch



11

Reverse  
Punch



12

Front Stance  
(staying in place)

Right Tension  
Knifehand Chop

17



Left Tension  
Knifehand Chop

18



Punch

19



Left Tension  
Knifehand Chop

20



Right Tension  
Knifehand Chop

21



Punch

22



Punch

23



R Elbow Strike

24



25



Tea Cup Chamber, Side Kick Chamber,  
Left Side Kick

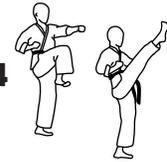
Front Stance

13



Side Block  
Front Stance

14



Aim /  
Back Leg  
Front Kick

15



Front  
Punch

16



Reverse  
Punch

Front Stance  
(staying in place)

# YUL-GOK

"CONFUCIOUS OF KOREA"

Reinforced Block  
Front Stance

37



38



Reinforced Block  
Front Stance

36



Stomp & Backfist,  
Step-behind

Right Outer Block  
Front Stance

34



35



L Reverse Punch  
Front Stance

Left Outer Block  
Front Stance

32



33



R Reverse Punch  
Front Stance

Spear finger

29



Front Stance

Open-Hand  
Square Block

28



Back Stance

26



Tea Cup Chamber, Right Side Kick

27



L Elbow Strike

Front Stance

Open-Hand  
Square Block

30



Back Stance

Spear finger

31



Front Stance