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FREE
Introduction Lesson



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BLUE BELT

(5th Gup)

Test Requirements

<p>Techniques:</p> <ol style="list-style-type: none"> 1. Front stance – X- Knife hand Block Low 2. Front stance – Sudo Chop 3. Back stance – Sudo Strike 	<p>Kicks:</p> <ol style="list-style-type: none"> 1. Front low, Round high no dropping 2. Front-Round stepping forward
<p>One Steps: 13 – 15</p> <ul style="list-style-type: none"> • THIRTEEN – X fist high block – reverse hand sudo chop / reverse hand sudo strike • FOURTEEN – out to in block (straddle) – spinning side elbow strike / hammer fist (groin) • FIFTEEN – X fist low block – reverse hand ridge hand / reverse hand back fist 	<p>Self Defense:</p> <ul style="list-style-type: none"> • Sleeve grab
<p>Noc Bup:</p> <ul style="list-style-type: none"> • Front Fall 	<p>Breaks:</p> <ul style="list-style-type: none"> • Sudo chop
<p>Sparring:</p> <ul style="list-style-type: none"> • One on One 	<p>Hyung (Form):</p> <p>Him Jul Dul [Power Form 2 (1st Half)]</p> <ul style="list-style-type: none"> • Description / Video
<p>Knowledge:</p> <ol style="list-style-type: none"> 1. Explain Korean flag (parts) 2. Name and meaning of your form 	<p>Terminology:</p> <p>Know the meanings/definitions; not what you do when you hear it:</p> <ol style="list-style-type: none"> 1. Dan 2. Gup 3. Dojang 4. Dobok 5. Dee 6. Hyung

National Karate Institute | 9 West Main Street | Moorestown, NJ 08057 | 856-866-8665

nkikarate@moorestownmartialarts.com

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