



HIGH BLUE BELT

(Senior 5th Gup)

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- [Home](#)
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- [Karate](#)
- [Weapons Club](#)
- [Demo Team](#)
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- [Qi Gong](#)
- [Student Resources](#)
- [Admin](#)

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<p>Techniques:</p> <ol style="list-style-type: none"> 1. Front stance – Double forearm block-\ 2. Guarding stance spinning sudo strike 3. Cat stance – Evading ,knife hand, vertical punch 	<p>Kicks:</p> <ol style="list-style-type: none"> 1. Front shuffle Round
<p>One Steps: 16 – 18</p> <ul style="list-style-type: none"> • SIXTEEN – X fist high block – reverse hand sudo chop / reverse hand sudo strike / ridge hand / step over spinning outer crescent kick • SEVENTEEN – out to in block (straddle) – spinning side elbow strike / hammer fist (groin) back fist up / step out side kick • EIGHTEEN – X fist low block – reverse hand ridge hand – reverse hand back fist / ridge hand / spinning hook kick 	<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"> • Jump Front
<p>Sparring:</p> <ul style="list-style-type: none"> • One on One 	<p>Hyung (Form):</p> <p>Him Jul Dul [Power Form 2 (2nd Half)]</p> <ul style="list-style-type: none"> • Description / Video
<p>Knowledge:</p> <ol style="list-style-type: none"> 1. What does "Respect" mean to you and give an example? 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. Numbers 1-5 in Korean 2. Sun Bae 3. Hu Bae

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