

BLUE BELT



Form

Chon Ji In Il Chang (33 movements)

Sky. The limitless potential for the development and well being of the individual.

Blocks

Out-In Middle Block

Stances

All Previous Stances

Self-Defense

Front Head Lock Escape

Strikes

Ridgehand Strike
Arc Hand Strike
Back Leg Axe Kick
Scissor Roundhouse Kick

Grappling

O-Goshi Throw
Open the Guard (From Inside Guard)
Double Leg Stack Pass