



**Kingsland
Martial Arts**

Junior Hapkido

Blue Belt

Stripe tests for blue belt:

- Pattern
 - See notes over page for pattern
- Sparring
 - Evasive footwork
 - Timing for counter attacks or grabs
 - Spinning hook kicks
- Breakaways & Self defence
 - Both wrists grabbed breakaway
 - Both shoulders grabbed (twisting) breakaway
 - Both shoulders grabbed (duck under) breakaway

 - Side shoulder pull to leg lift
 - Side shoulder pull to scissor
 - Bearhug from front, arms free to take down
 - Side choke on ground, hook neck with leg
 - Sacrifice throw
- Fitness & attitude
 - Pushup variations
 - Situp variations
 - Squats x 10
 - Plank 30 sec
 - Self control

When students have earned these four stripes, they can complete their next grading to become **Blue Belts with Red Tip**. The blue belt test will cover all of these elements.

The Blue Belt Pattern

1. Turn left into right foot back stance, left open hand high block
2. Right **round** kick landing forward, right open hand high block
3. Pick up right foot and turn 180 degrees over shoulder

4. Left foot back stance, right open hand high block
5. Left **round** kick landing forward, left open hand high block
6. Pick up left foot and turn 90 degrees over shoulder to face front, right foot back stance

7. Left open hand high block, open hand low block
8. Right foot **side** kick landing forward,
9. Right hand knife-hand strike (**Ki-Hap!**)

10. Turn left into left foot back stance, right open hand high block
11. Left round kick landing forward, left open hand high block
12. Pick up left foot and turn 180 degrees over shoulder

13. Right foot back stance, left open hand high block
14. Right round kick landing forward, right open hand high block
15. Pick up right foot and turn 90 degrees over shoulder to face back, left foot back stance

16. Right open hand high block, open hand low block
17. Left foot side kick landing forward,
18. Left hand knife hand strike (**Ki-Hap!**)

19. Step left foot 90 degrees to face right, right open hand high block
20. Left **round** kick landing forward, left open hand high block

21. Pick up left foot and turn 180 degrees over shoulder, left open hand high block
22. Right **round** kick landing forward, right open hand high block
23. Pick up right foot and turn 270 degrees over shoulder, to face front

24. Right foot back stance, left open hand high block
25. Closed finger strike to throat x 2
26. End in traditional guarding block.

What will Your teacher be looking for?

All blocks should be clear and strong.
Start and Finish points should be the same.
Balance and control - instead of rushing.