



Blue Belt Training & Grading Notes

These notes show the minimum number of techniques required to advance to the next grade. Further variations and techniques are allowed where discussed with your instructors beforehand. At this grade, basic ground fighting techniques are introduced and basic knife or stick self defence.

Tan-jon breathing & pattern

Students will be taught the Blue-belt pattern, and must also practice the previous two patterns. At this grade, Basic 1 is introduced, a more complex pattern that is done 'by the count'.

Self defence techniques

A series of techniques using joint manipulation or locks to subdue your opponent.

- **Side-by-side sleeve pull** 5 variations (side kick to knee, leg sweep, leg lift, hip throw, reaping throw)
- **Cross-hand, single wrist grab** 2 variations (Irish whip & back-drop with leg sweep)
- **Two-handed, double wrist grab (rear)** Irish whip
- **Reverse Punch** 2 variations using belt
- **Front kick** Belt defence against kick
- **Kneeling choke on ground, to side** Side arm-bar
- **Kneeling choke on ground, in guard** 2 variations, ending in arm-bar
- **Kneeling choke on ground, at head** Roll, wrist-lock & strike

Knife defence

A series of techniques to disarm an armed opponent.

- **Front knife lunge** forearm deflection, spinning hook kick
- **Front knife lunge** forearm deflection, front break-fall, scissor-leg takedown
- **Overhead attack** high-block, stepping into back-drop
- **Open strike, backhand strike** block, whip arm through, hammer lock

'Three-step-sparring' & takedown techniques.

Students may, where time permits, be asked to demonstrate the takedown techniques or three-step-sparring.

Break-falling requirements

Students will be required to demonstrate competence in rolling break-falls, break-falling over 1-2 students crouching on the ground.

Sparring requirement

Students are expected to demonstrate three rounds of standing kick-punch sparring with no-contact/light contact only. Students cannot strike once in a clinch, but can utilise the basic takedown techniques, and can also spend up to twenty seconds at a time using ground-fighting techniques.

Power test

Students demonstrate their basic striking techniques against pads (front kicks, round kicks, punches, spinning hook kicks). The aim of this exercise is to display power, not speed – so the examiner will look for focus and technique.

Grading fees

\$40, payable to the club before the grading.