



Blue Tip 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, students are expected to demonstrate better spatial awareness, and to use escort holds to complete a self-defence technique.

Tan-jon breathing & pattern

Students will be taught the Blue-tip pattern, and must also practice the white-belt pattern.

Breakaway Techniques

A series of techniques to break your opponent's grasp and seize back the initiative.

- **Two-handed, double wrist grab** 3 variations (small circles, big circles, step back)
- **Two-handed, double shoulder grab** 2 variations (duck under, and arm strikes)
- **One-handed, cross-shoulder pull** duck under, pivot, strike ribs

Self Defence Techniques

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

- **Cross-hand, single wrist grab** 3 variations (of students choosing)
- **Two-handed, single wrist grab** 2 variations (inside & outside swan-lock)
- **Same-side, single shoulder grab** Shoulder throw
- **Two-handed, double shoulder grab (rear)** Step-out, elbow strike, trip over thigh.
- **Two-handed, double wrist grab (rear)** 'Windmills'

'Three-step-sparring' exercise

Students will be required to again demonstrate the Three step sparring exercise .

Break-falling requirements

Students will be required to demonstrate greater competence in rolling break-falls, break-falling over a single student crouching on the ground.

Takedown Techniques

This is the first introduction of the 'takedown' techniques – usually practiced from a standing grappling position. These emphasise taking your opponent's balance, bringing them to the ground and into a submission.

- **Sweep**
- **Sacrifice throw & scarf hold**
- **Leg-lift & calf lock**
- **Arm bar from a push**
- **Head throw from a bear-hug**
- **Leg lift from rear bear-hug**

Sparring requirement

Students are expected to demonstrate two 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.

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

\$30, payable to the club before the grading.