

## Stripe Requirements - Sr. Blue Belt

Senior belts are a way for the judges at belt testing to see if you have improved on the same form. The form must be stronger, faster and with better stances. It is also our way of concentrating more on sparring for two months instead of learning a new form. At your testing, both your sparring and form must have improved from the last testing to pass and advance to brown belt.

### Stripes

#### 1.) New Kicks

- Twist kick
- Butterfly kick
- Jump spin heel kick

#### 2.) Sparring Combination #1

- Twist kick, round kick, jab, cross, rear leg round kick

#### 3.) Sparring Combination #2

- Rear leg front kick, spin side kick, rear leg round kick, butterfly kick

#### 4.) Sparring for 2 minutes

- Must demonstrate good blocking, combinations, good foot work and hand positioning
- While sparring must demonstrate both Sr. Blue Belt sparring combinations

#### 5.) Board breaking (student is allowed 3 tries per break)

- Break your own re-breakable board with a hammer fist, elbow strike or palm heel strike
- Break your own re-breakable board with a front kick, side kick or round kick

#### 5.) Demonstrate the Blue Belt Form (Joong Gun)

- Demonstrate IMPROVED form with a lot of power and no mistakes