

# BLUE BELT

1. COMPETITION BACKFIST
2. KNIFEHAND STRIKE WITH THE PALM UP
3. RIDGEHAND
4. CROSS OVER STANCE
5. LOW BLOCK FROM HORSE STANCE
6. AX KICK
7. STEP SIDE KICK
8. STEP ROUND KICK
9. SLIDE SIDE KICK
10. HOOK KICK
11. SELF DEFENSE FOR WRIST GRAB
12. SELF DEFENSE FOR A SIDE HEAD LOCK
13. DEFLECTION OF CHOKEHOLD
14. SIDE HAMMERFIST
15. BLUE BELT SET

## KATA REQUIREMENTS:

Those students testing for their Blue Belt should completely know the first 2 kata's and be working on H Form 3.

### Fast Facts:

The knifehand strikes utilize the pinky side of the hand. This side is called the knifehand blade.

The ridgehand utilizes the thumb side of the hand. Make sure to bend the thumb underneath like you are making the number 4 with your hand.