

HIGH BLUE BELT POCKET STUDY GUIDE

FIRST BLACK STRIPE:

Positive Self-Motivation:

- Winning Black Belts dwell on the rewards of success, not on the penalties of failure. Positive self-motivation arrives through visualizing your desires while limiting your fears.

Kicking Requirement:

- Step Behind Side Kick

SECOND BLACK STRIPE:

One Step Sparring #5

1. Step back with right leg into front stance. Ki Hap.
2. Back leg front kick, drop leg to the right, Outside Inside Block (right hand).
3. Twist hips (90°), Left Hand High Punch.
4. Slap left leg with left hand, Inside Outside Kick (left leg), Ki Hap. Bring left leg to rear in front stance.

One Step Sparring #6

1. Step back with left leg into front stance. Ki Hap.
2. Back leg front kick, drop leg to the left, Outside Inside Block (left hand).
3. Twist hips (90°), Right Hand High Punch.
4. Slap right leg with right hand, Inside Outside Kick (right leg), Ki Hap. Bring left leg to rear in front stance.

THIRD BLACK STRIPE:

1. Step to the left, side block.
2. Step right foot together with left, right inside-outside block, left low block. Switch hands to left inside-outside block, right low block.
3. Step to the right, side block.
4. Step left foot together with right, left inside-outside block, right low block.
5. Step down the middle, middle twin fist block (left hand).
6. Step and spear hand (right hand), Ki Hap (yell).
7. Keeping left hand still, put right hand behind back while stepping through with the left leg in a modified front stance, preparing for a hammer fist.
8. Step with left leg, hammer fist (left hand).
9. Step and middle punch (right hand), Ki Hap (yell).

FOURTH BLACK STRIPE:

10. Bring left foot to right foot, hands on hips, turn around, facing opposite direction.
11. Outside-inside kick (right leg), block with right elbow, hammer fist (right hand), return hand to hips.
12. Outside-inside kick (left leg), block with left elbow, hammer fist (left hand), return hand to hips.
13. Outside-inside kick (right hand), block with right elbow, hammer fist (right hand).
14. Step and middle punch (left hand), Ki Hap.
15. Step right foot to left foot, step out with right foot to horse stance.
16. Turn with left foot, facing opposite direction, into horse stance while punching over your shoulder with your right hand, elbow striking backwards with your left hand.
17. Look to the right, jump to the right into a horse stance while punching over your shoulder with your left hand, elbow striking backwards with your right hand. Ki Hap (yell)

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