



**REQUIREMENTS TO TEST FOR 3RD GEUP**  
(blue belt with red stripe)

To attain this level students will need to test 2 times in the recommended 6 month time frame with a total of 60 hours of class time. Upon completion of the 2nd test students will receive their Sr. Blue Belt.

<b><u>Korean words to know:</u></b>		<b><u>English Translation:</u></b>	
Maggi		Block	
Chi-gi		Strike	
Cha-gi		Kick	
<b><u>Strikes &amp; Blocks:</u></b>		<b><u>Kicking &amp; Footwork:</u></b>	
Scissors Block	Arc Hand Strike	Crane Stance	
Ridge Hand Strike	Grasping Block	Fake Front Snap Kick into Round House	
Pressing Block	Palm Pressing Block		
Wedge Block			
<b><u>Gyroogi:</u></b>			
Four Basic Counters for Fast Kick			
#1	Back Kick		
#2	Cover punch, switch feet clench kick		
#3	Lo-nal (skip axe kick)		
#4	Whoogin Double kick		
<b><u>Self Defense:</u></b>			
#1 Escape and throw from a rear bear hug attack (over the arms). Drop and use arm throw.			
#2 Escape and joint lock from a rear bear hug attack (over the arms).			
#3 Head lock escape and take down with pressure to nose pressure point			
#4 Escape from two handed front choke, use finger to throat pressure point then follow up.			
#5 Escape from two handed front choke, use finger grab and lock.			
#6 Escape from two handed front choke, hammer fist strike to the inside elbow pressure point then striking the jaw on each side with double palm heal strike.			
#7 Escape and counter a one-arm choke attack from behind. Grab the attacking hand by the fingers, rotate the hand palm up and place the elbow on your shoulder, pull the arm down creating and elbow-finger lock combination. <i>Know the theory of protect-soften–execute.</i>			
<ul style="list-style-type: none"> <li>• Ability to fall from all of the techniques up to this point.</li> <li>• Ability to perform all of the techniques to this point from the attack to submission. This may include take downs.</li> </ul>			
<b><u>Other Required Learning:</u></b>			
<b><u>Poomse</u></b>			
Taeguek Yuk-Jang (#6)			
Palgwe O-Jang(#5)			