



Blue Belt Study Guide

When you take your next belt test, be prepared to demonstrate any of the curriculum requirements below:

Blue Belt				
Level One	Level Two		Level Three	Moo Sah Do
Kwan Bup 1-8	Kicking Test	Toogi Sul 1-6	Hwa Rang Yeh Hyung	Tukong Bong Sul Hyung Part II Sa Bang Ta Sul Albo 8 Angles with Sword

Additionally, be prepared to demonstrate the following at a higher skill level than on your previous test:

Long Forms

Hwa Rang In Hyung

Balance Form

Hwa Rang Oui Hyung

Nak Bup

Dive Rolls

Evasion Rolling

Flip Falls

Jumping Breakfalls

Self Defense

Ba Gae Sul 1-7

Hubut

Free Sparring

Il Bo Dae Ryun 1-10

Moo Sah Do Only

Bong Sul Stretch

Tukong Bong Sul Hyung

Part I

Il Bo Dae Ryun 11-15

Basic Nunchucks I 1-10