



KICKSIDE
MARTIAL ARTS

BLUE BELT Stripe Requirements

1st Black Stripe:

1. Twelve movements of Joon-Gun, without assistance
2. Recite the meaning of Blue Belt
3. Good Attendance
4. Consistent Effort

1st Brown Stripe:

1. Offensive (Sparring) Combination #1
2. Defensive Combination #1
3. Explain the difference between a spin hook kick and a spin crescent kick
4. Good Attendance
5. Consistent Effort

2nd Black Stripe:

1. Twenty-six movements of Joon-Gun, without assistance
2. Recite the name of the form
3. Demonstrate a Spin Hook Kick (on target)
4. Good Attendance
5. Consistent Effort

2nd Brown Stripe:

1. Defensive Combination #2
2. Demonstrate curriculum kick
3. Explain the symbolism of the American Flag (what the stars and stripes represent)
4. Define the words Do-Bak, Do-Jang, and Sa bum nim
5. Good Attendance
6. Consistent Effort

3rd Black Stripe:

1. Demonstrate all thirty-two movements of Joon-Gun, without assistance
2. All required knowledge of Joon-Gun
3. Good Attendance
5. Consistent Effort

To Earn a Senior Blue Belt:

Students must be able to perform all skills listed above upon request.

Minimum of 36 classes.

Positive attitude towards fellow students and instructors.

Student must achieve personal best at this level.



BLUE BELT Study Guide

Blue Belt:

Form: Joon-Gun

Meaning of Joon Gun: An-Joon-Gun was the Korean patriot who assassinated the first Japanese governor-general of Korea, Hiru-Bumi-Ito. The thirty-two movements in this pattern represent Joon-Gun's age when he was executed in the Lui-Shin Prison in 1910.

Number of Movements: 32

Blue Belt represents the sky that the plant is growing towards as it matures into a towering tree, just as the student's skills mature.

When executing a Spin Hook Kick the knee bends before and after making contact with the target. This kick is considered a medium to long range technique. A Spin Crescent Kick is usually considered a close to medium range kick with the knee never bending.

On the American Flag, the fifty stars represent the states in our country. The thirteen stripes represent the original colonies, and the chosen colors of the stripes symbolize the separation from England.

Korean Translations: (the following are not literal translations)

Do-bak: uniform

Do-Jang: Training Academy

Sa bum nim: Certified Instructor

Kwa ja nim: Master Instructor