



KICKSIDE
MARTIAL ARTS

SENIOR BLUE BELT Stripe Requirements

1st Black Stripe

1. Twelve movements of Toi-Gae, without assistance
2. Recite the name of the form
3. Demonstrate a #1 Hook Kick/Round Kick
4. Good Attendance
5. Consistent Effort

1st Brown Stripe

1. Demonstrate Offensive (Sparring) Combination
2. Demonstrate Defensive Combination #1
3. Explain the Korean Flag (Um and Yang, and black bars)
4. Good Attendance
5. Consistent Effort

2nd Black Stripe

1. Twenty-seven movements of the form, without assistance
2. All required knowledge of Toi-Gae
3. Good Attendance
4. Consistent Effort

2nd Brown Stripe

1. Demonstrate Defensive Combination #2
2. Demonstrate curriculum kick
3. Good Attendance
4. Consistent Effort

3rd Black Stripe

1. All thirty-seven movements of the form, without assistance
2. Demonstrate #2 Hook Kick/Round Kick
3. Good attendance
4. Consistent Effort

To Earn a BROWN 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.



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SENIOR BLUE BELT Study Guide

Senior Blue Belt:

Form: Toi-Gae

Meaning of Toi-Gae: Toi-Gae was the pen name of Yi Hwang an authority on neo-Confucianism. The thirty-seven movements of this pattern represent the latitude of his birthplace.

Number of Combinations: 37

On the Korean Flag (Tae-kook-gye) the symbols in the corners represent the sun's placement in the sky. The lower left symbol, two solid lines with a broken line in the middle, represents early morning (dawn) when the sun is in the east. The upper left symbol, three solid lines, represents mid-day (noon). The upper right, two broken lines with one solid line in the middle, symbolizes twilight as the sun moves to the west. The lower right, three broken lines, represents the total darkness of midnight. The 'Um and Yang' in the center symbolize the harmony (blue) and discord (red) that is ever present in the universe.