

YUNG YEA MARTIAL ARTS

BLUE BELT TRAINING MANUAL



YUNG YEA MARTIAL ARTS SCHOOL

BLUE BELT INFORMATION

BLOCKS

1. Ridge hand block
2. High X block
3. Pressing block
4. Pole block

STRIKES

1. Upward palm heel strike
2. Reverse upward elbow strike
3. Twin vertical chest punch
4. Twin upset punch
5. Hooking punch

KICKS

1. Lead leg front kick
2. Jump spin side kick
3. Jump spin hook kick
4. Jump spin heel kick

YUNG YEA MARTIAL ARTS SCHOOL BLUE BELT PATTERN

Pattern: Joong Gun

Starting Position: Closed Ready Stance B

Moves: 32

Foot returns: Left

Meaning: Is named after the patriot Ahn Joong Gun, who assassinated Hiro-Bumi Ito, the first Japanese Governor General of Korea. Also known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent his age when he was executed at Lui-Shung prison in 1910.

1. Left foot shifts left 90 degrees into a left L stance, left middle ridge hand block.
2. Left leg (front/lead) front kick.
3. Left leg lands into a left L stance, right foot steps forward into a right cat stance, right high palm heel strike.
4. Right leg spins right 180 degrees into a right L stance, right middle ridge hand block.
5. Right leg (front/lead) front kick.
6. Right leg steps down into right L stance, left foot steps forward into a left cat stance, left high palm heel strike.
7. Left foot shifts left 90 degrees into a left L stance, left middle double knife hand blocks.
8. Left foot shifts into a front stance, right high elbow strike.
9. Right foot steps forward into a right L stance, right middle double knife hand blocks.
10. Right foot shifts right into a right front stance, left high elbow strike.
11. Left foot steps forward into a left front stance, twin vertical chest punch.
12. Right foot steps forward into a right front stance, twin up set punch. (Kihup!)
13. Double step turn (right leg moves right first then left leg) spin left 180 degrees into a left front stance, high X-block.
14. Left foot shifts 90 degrees left into a left L stance, left high/face back fist.
15. Stationary left wrist release. (*aka breakaway*)
16. Left foot shifts left into a left front stance, right high/face punch.
17. Left foot steps to right foot, right foot steps right 180 degrees into a right L stance, right high/face back fish.
18. Stationary right wrist release. (*aka breakaway*)
19. Right foot shifts right into right front stance, left high/face punch.
20. Right foot steps to left, left foot steps left into a front stance, left middle double guarding forearm blocks. (*san-su*)
21. Left foot shifts left into left L stance, left middle punch.
22. Right leg (back) turning side kick.
23. Right leg lands into a right front stance, right middle double guarding forearm blocks. (*san-su*)
24. Right foot shifts right into a right L stance and right punch.
25. Left leg (back) turning side kick.
26. Left leg lands into a left L stance, left middle double guarding blocks.
27. Left leg shifts forward in a left front stance, double palm heel block. (*aka palm press*)
28. Right leg shifts forward into right L stance, left middle double guarding block.
29. Right leg shifts forward into right front stance, double palm heel block. (*aka palm press*)

30. Left foot moves to right foot turning left 90 degrees into a closed stance, left and right hook punch.
31. Right foot steps right into a right L stance, right pole block.
32. Right foot steps to left foot, left foot spins left 180 degrees into a left L stance, left pole block. (Kihup!)

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BLUE BELT SPARRING

With rank comes privilege. **Free sparring is a privilege.** Please exercise respect for your fellow students and control your moves as this privilege can be taken away.

RULES: ALL REQUIRED GEAR MUST BE WORN. NO GEAR, NO SPARRING. See Student Manual Articles of Important/Student Regulation. Green belts are NOT ALLOWED to punch to the head. NO BACK, NECK OR BELOW THE BELT CONTACT EVER, FOR ANY BELT. We follow the CTF tournament rules for sparring.

LEGAL TARGET AREAS

1. Body – front and sides ABOVE the belt for hand and foot techniques in all divisions.
2. Head – face and back of the head ABOVE the neck for KICKS ONLY in all divisions.
 - a. Hand techniques to the head are not legal for blue belts.

ALL OTHER AREAS ARE ILLEGAL

LEGAL POINTS

STRIKES

1. Punch
2. Back fist
3. Hammer fist
4. Ridge hand
5. Knife hand

KICKS

1. Must make contact to legal target with any part of foot below the ankle.
2. Executed with good balance.

PENALTY POINTS *(Just as you would get warnings and penalties in tournament, you will receive them in free sparring. Too many warnings and you will not be allowed to spar thus not being able to test for your next belt.)*

1. Excessive contact
2. Tripping, throwing, sweeping
3. Attacking an illegal target area.
4. Un-sportsman like conduct during or after
5. Grabbing
6. Illegal techniques
7. Causing injury from unclipped finger or toe nails
8. Running out of bounds or falling to avoid contact

YUNG YEA MARTIAL ARTS SCHOOL BLUE BELT BOARD BREAKING

At the rank of blue belt, the student will be tested on their ability to demonstrate power in technique. This is done by breaking boards. The boards used for this purpose are 1 inch, white pine (#2) boards cut to a size appropriate for the size and age of the student.

Typically children (12 and under) will break only a single board at each station while children 13 and over (depending on weight), and adults will break two boards. At blue belt, the minimum testing requirement is for the student to break using a single technique.

Technique will be one (1) hand or foot technique. See Student Manual - Testing Requirements. If you have additional questions or concerns regarding board breaking, please talk to your instructor.

The student is given three (3) chances to break their board.

Students need to present their boards to the judges, state the technique they are going to do and ask permission to break the board. They need to set up their board break stations quickly, and with a minimum of practice attempts.

When ready, the student will face the judges, bow and attempt their board break. It is not appropriate to make additional practice attempts after bowing to the judges.