

YUNG YEA MARTIAL ARTS

BLUE (2D) BELT TRAINING MANUAL



**YUNG YEA MARTIAL ARTS SCHOOL
BLUE (2D) BELT INFORMATION**

DOUBLE BLOCKS

1. Front hand low/rear hand high
2. Rear hand low/front hand high

STRIKES

1. Forward hand back fist
2. Reverse punch
3. Horizontal spear hand

KICKS

1. Turning side kick
2. Turning round kick
3. Turning hook kick
4. Turning inward axe kick

YUNG YEA MARTIAL ARTS SCHOOL BLUE (2D) BELT PATTERN

Pattern: Toi Gye

Starting Position: Closed Ready Stance B

Moves: 37

Foot returns: Right

Meaning: Is the pen name of the noted scholar Yi Hwang (16th Century), an authority on neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37th degree latitude, the diagram represents scholar.

1. Left leg shifts left 90 degrees into a left L stance, left middle inner forearm block.
2. Left leg shifts left into left front stance, right low reverse inverted spear thrust.
3. Left foot steps to the right foot 90 degrees into a closed stance, right high back fist and left low block simultaneously and slow.
4. Right foot shifts right 90 degrees into a right L stance, right middle inner forearm block.
5. Right leg shifts right into a right front stance, left low reverse inverted spear thrust.
6. Right foot steps to the left foot 90 degrees into a closed stance, left high back fist and right low block simultaneously and slow.
7. Left foot steps forward into a left front stance, low X-block.
8. Stationary, high/chin twin vertical punch.
9. Right leg (back) front kick.
10. Right leg lands forward into a right front stance, right middle/chest punch.
11. Stationary left middle/chest punch.
12. Left foot moves slowly to the right foot turning left 90 degrees, landing in a closed stance, bringing both fists to the hips simultaneously. (*aka superman position*)
13. Right foot moves forward turning body 90 degrees, into a stomping middle/horse rider stance, high twin inner forearm blocks. (*aka W blocks*)
14. Left foot moves forward turning left 180 degrees, into a stomping middle/horse rider stance, high twin inner forearm blocks. (*aka W blocks*)
15. Left foot moves forward turning left 180 degrees, into a stomping middle/horse rider stance, high twin inner forearm blocks. (*aka W blocks*)
16. Right foot moves forward turning right 180 degrees into a stomping middle/horse rider stance, high twin inner forearm blocks. (*aka W blocks*)
17. Left foot moves forward turning left 180 degrees, into a stomping middle/horse rider stance, high twin inner forearm blocks. (*aka W blocks*)
18. Left foot moves forward turning left 180 degrees, into a stomping middle/horse rider stance, high twin inner forearm blocks. (*aka W blocks*)
19. Right foot steps to the left foot, left foot steps forward into a left L stance, left low double inner forearm blocks. (*aka low san su*)
20. Left leg shifts into a left front stance, high twin head grab.
21. Right knee strike. (Kihup!)
22. Right leg lands next to left foot, left foot turning left 180 degrees into a left L stance, right middle double knife hand blocks.
23. Left (front) leg front kick.

24. Left leg lands next to right foot, left foot steps forward into a left front stance, left high/face horizontal spear hand.
25. Right foot steps forward into right L stance, right middle double knife hand blocks.
26. Right (front) leg front kick.
27. Right leg lands into right front stance, right high/face horizontal spear hand.
28. Right foot steps back right 180 degrees into a left L stance, left low block and right high back fist simultaneously.
29. Left and right legs jump 45 degrees to the left into a right rear X-stance (cat stance), low X-block.
30. Right foot steps forward right 45 degrees into a right front stance, right middle double inner forearm blocks. (*san-su*)
31. Left leg spins left 270 degrees into a left L stance, left low double knife hand block.
32. Left foot shifts into a left front stance, right middle scoop block.
33. Left foot steps to right foot and spins right 180 degrees into a right L stance, right low double knife hand blocks.
34. Right foot shifts right into a right front stance, left middle scoop block
35. Hips shift left 180 degrees into a left front stance, right middle scoop block.
36. Hips shift right 180 degrees into a right front stance, left middle scoop block.
37. Right foot moves forward into a middle/horse rider stance, right middle/chest punch. (Kihup!)

YUNG YEA MARTIAL ARTS SCHOOL

BLUE (2D) 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 (2D) 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.