

BLUE BELT REQUIREMENTS

Blue I

Defense against a hand shake set up

- 1. Use your right hand to turn your assailant's arm so that his elbow is down.**
- 1. Execute a left upward forearm strike to your assailant's elbow.**
- 2. Step your left foot forward into a left neutral bow.**
- 2. Execute a left inward elbow strike to your assailant's ribs.**
- 3. Pivot to face 3:00 into a right neutral bow.**
- 3. Control your assailant with an arm bar.**
(Right hand controlling right hand, left pressing on shoulder.)
- 4. Step your left foot to 3:00 into a left neutral bow.**
- 4. Force your assailant to the ground by applying pressure to his shoulder.**

Blue II

Defense against a hand shake set up

- 1. Rotate your right hand to the outside to counter grab your assailant's wrist.**
- 2. Execute a heel palm strike to your assailant's elbow to break.**
- 2. Execute a right snap kick to your assailant's left knee.**

Blue III

Defense against a right grab to your left shoulder

- 1. Pin your assailant's hand to your shoulder with your left hand.**
- 1. Step forward with your right foot into a right neutral bow.**
- 1. Execute a right straight punch to your assailant's chin.**
- 2. Grab your assailant's head with your right hand and pull forward.**
- 2. Execute a right knee strike to your assailant's face.**
- 3. Plant your right foot back to 6:00 into a left neutral bow.**
- 3. Continue to pull your assailant's head to pull him to the ground.**

Blue IV

Defense against a hammer lock applied to your right arm.

- 1. Step your right foot towards 3:00 into a horse stance.**
- 2. Step your left foot around behind your assailant's legs.**
- 2. Execute a left elbow strike to your assailant's face.**
- 3. Loop around the arm controlling yours with your left to apply an armbar.**
- 4. Step your right foot back into a left neutral bow.**
- 4. Push with your left arm to swing your assailant in front of you.**
- 5. Execute a right elbow to the base of your assailant's skull.**
- 5. Execute a right knee strike to your assailant's face.**

Blue V

Defense against a rear bear hug, arms free

- 1. Drive your knuckles into the back of your assailant's hands.**
- 2. Execute double elbow strikes to your assailant's biceps to force a release.**
- 3. Trap your assailant's right wrist with your right hand.**
- 4. Step with your left foot forward into a left neutral bow.**
- 4. Pivot towards 6:00 into a right neutral bow.**
- 5. Apply a wrist activated armbar/come along hold to the trapped arm.**
- 6. Push forward on your assailant's wrist to force him to bend over.**
- 7. Execute a left snap kick to your assailant's face.**

Blue VI

Defense against a rear bear hug, arms free

- 1. Step with your right foot towards 3:00 into a horse stance.**
- 1. Execute double elbow strikes to your assailant's biceps to force a release.**
- 2. Step your left foot around behind your assailant's into a horse stance.**
- 2. Execute a left elbow strike to your assailant's face to knock over legs.**
- 3. Pivot with a right punch to your assailant's solar plexus.**

(Note: Crashing Wings AK-O)

Blue VII

Defense against a rear bear hug, arms pinned

- 1. Step with your right foot towards 3:00 into a horse stance.**
- 1. Execute a left hammer fist to your assailant's groin.**
- 2. Step your left foot behind your assailant's into a horse stance.**
- 2. Execute a left elbow strike straight up into the chin.**
- 3. Pivot with a right punch to your assailant's solar plexus.**