

4th Geub - Blue Belt

I. Korean Language

- A. Bird form strike - Jae Bee Poem Moek Chee Kee
- B. Three step sparring - Sae Boon Kyaw Loo Kee
- C. Inside middle block - Moem Toeng Ahn Mahk Kee
- D. Outside middle block - Moem Toeng Bah Kaht Mahk Kee
- E. Front snap kick - Ahp Chah Kee
- F. Round house kick - Doel Lyaw Chah Kee
- G. Ax kick - Doe Kee Chah Kee
- H. Single knife hand middle block - Hahn Soen Nahl Moem Toeng Mahk Kee
- I. Back stance - Dwee Koob Ee

II. Basic Moves

- A. Low block from front stance with wrist release and side hammer fist
- B. High block from front stance with side kick, backfist strike and elbow strike
- C. Back fist from cross over stance

III. Basic Kicks

- A. Turning hook kick
- B. Front foot hook kick

IV. Form(s)

- A. Tae Kihk Oe Jahng
 1. Starting from ready stance, look to your left, ready your arms for left **low block** and slide left foot toward your left and then turn 90 degrees into **front stance** while executing block.
 2. Execute a left **wrist release**, then bring your left foot back to your right foot, at the same time as you are stepping back, execute a **side hammer fist strike** with your left arm.
 3. Look over your right shoulder, ready your arms for right **low block**, lift your right foot and step back then turn 180 degrees into **front stance** while executing block.
 4. Execute a right **wrist release**, then bring your right foot back to your left foot, at the same time as you are stepping back, execute a **side hammer fist strike** with your right arm.
 5. Look to your left, ready your arms for left **inside middle block**, slide your left foot toward your left then turn 90 degrees into a left **front stance** while executing block, and (without stepping forward) a right **inside middle block**.
 6. Execute right **front snap kick**, then (without stepping down with your kicking leg) ready your arms for right **backfist strike**, as you step forward into right **front stance**, execute strike, and (without stepping forward) a left **inside middle block**.
 7. Execute left **front snap kick**, then (without stepping down with your kicking leg) ready your arms for left **backfist strike**, as you step forward into left **front stance**, execute strike, and (without stepping forward) a right **inside middle block**.
 8. ready your arms for right **backfist strike**, then step forward into a right **front stance** while executing strike with Kee Hahp.
 9. Look over your left shoulder, ready your arms for left **single knifehand outside middle block**, slide your left foot toward your right, (behind your right leg) then turn 90 degrees into left **back stance** while executing block.
 10. Step forward into right **front stance** while executing right **elbow strike** to your opponent's head.