

# BLUE BELT SYLLABUS



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# BLUE BELT

## 1. Rear Hand High Outward Block (Open or Closed Hand)

Starting from front stance....

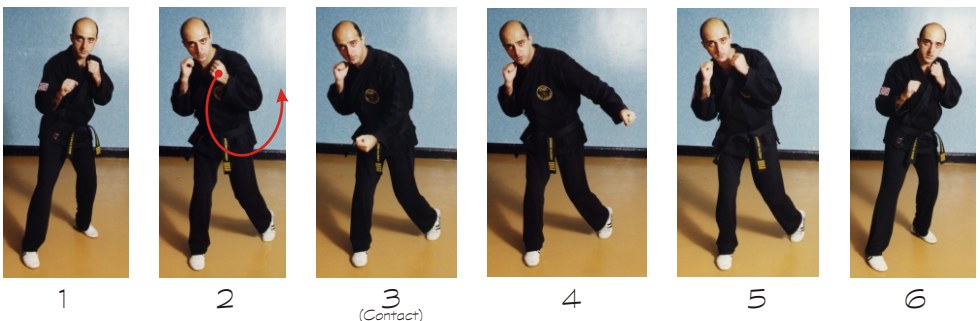
- ✦ Push off with your rear leg so that your rear heel is lifted off the ground.
- ✦ At the same time shift your weight forwards and over towards your leading leg whilst retaining your rear arm in the original defensive guard position.
- ✦ Using the back of your forearm (with your rear hand either in a clenched fist or cupped hand), deflect the attackers arm away from you in a circular movement.
- ✦ Continue to accelerate past the target until all the energy of the block has been dissipated, finally, relaxing your arm back into the original defensive guard position.
- ✦ When in a fight situation, immediately follow up with a series of multiple techniques.



## 2. Rear Hand Low Outward Block (Open or Closed Hand)

Starting from front stance....

- ✦ Push off with your rear leg so that your rear heel is lifted off the ground.
- ✦ At the same time shift your weight forwards and over towards your leading leg whilst retaining your rear arm in the original defensive guard position.
- ✦ Using the back of your forearm (with your rear hand either in a clenched fist or cupped hand), lower your arm from the guard position to deflect the attackers leg away from you in a circular movement.
- ✦ Continue to accelerate past the target until all the energy of the block has been dissipated, finally, relaxing your arm back into the original defensive guard position.



# BLUE BELT

## 3. Leading Hand Vertical Round Punch

Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forwards.
- ✦ Keeping your hands up in the defensive guard, rotate your hips round so that your shoulders are just past square onto the attacker.
- ✦ Rotate your hips forwards whilst retaining your leading arm so that your chest has opened (pre-stretch).
- ✦ Release your leading arm so that it accelerates towards the target in a 45 degree angle whilst turning your fist so that your thumb points upwards.

**i** Your elbow should now be lower than your fist.

- ✦ Contact is made using the bottom three knuckles of your fist to the attackers jaw.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated, finally relaxing your arm back in a circular movement into the original



## 4. Rear Hand Vertical Round Punch

Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forward.
- ✦ Keeping your hands up in the defensive guard, retain your rear arm whilst you rotate your hips forwards so that your shoulders are square onto the attacker and your chest has opened up.
- ✦ At the optimum point (Pre-stretch), release your arm and allow it to accelerate towards the target in a 45 degree angle whilst turning your fist so that your thumb points upwards.

**i** Your elbow should now be lower than your fist.

- ✦ Contact is made using the bottom three knuckles of your fist to the attackers jaw.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated, finally relaxing your arm back in a circular movement into the original

# BLUE BELT

## 5. Back Fist Strike

Starting from right side stance...

- ✦ Shifting your weight forwards, rotate your hip inwards whilst retaining your leading hand in the defensive guard position.
- ✦ Push your hips forwards and round so that your shoulders are 45 degrees to the attacker.
- ✦ At the optimum point (Pre-stretch), release your leading hand and allow it to accelerate towards the target.
- ✦ Contact is made using the back of your fist which is turned vertically (with your thumb pointing up) to the attackers temples, jaw or side of the nose whilst ensuring that your elbow is kept slightly bent and lower than the fist to prevent hyper-extension injuries.
- ✦ Continue to follow through the target in a circular motion that dissipates the energy of the strike, finally relaxing your arm back into the original defensive guard position.



1



2



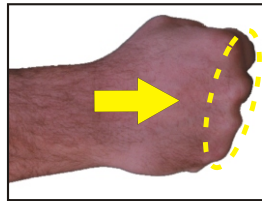
3  
(Contact)



4



5



## 6. Knife Hand Strike

Starting from right side stance...

- ✦ Shifting your weight forwards, rotate your hip inwards whilst retaining your leading hand in the defensive guard position.
- ✦ Push your hips forwards and round so that your shoulders are 45 degrees to the attacker.
- ✦ At the optimum point (Pre-stretch), release your leading hand and allow it to accelerate towards the target.
- ✦ Contact is made using the side of your hand (fingers together) nearest your little finger to the attackers throat or side of the neck whilst ensuring that your elbow is kept slightly bent and lower than the hand to prevent hyper-extension injuries.
- ✦ Continue to follow through the target in a circular motion that dissipates the energy of the strike, finally relaxing your arm back into the original defensive guard position.



1



2



3  
(Contact)



4



5

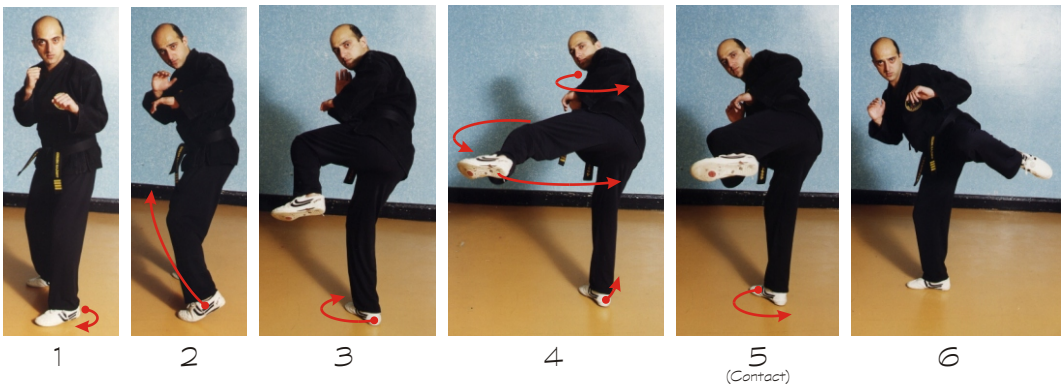


# BLUE BELT

## 7. Leading Leg Reverse Swing Kick

Starting from side stance...

- ✦ Keeping your defensive guard up, pivot on the balls of both feet so that your heels turn towards the attacker then lift the heel of your front foot off the ground (Pre-stretch).
- ✦ Keep looking towards the target as you bring your leading leg up into the chamber position whereby your leg is brought in towards your body.
- ✦ Rotate your hip round past the attacker as you accelerate your leg out of the chamber and initially out to the side whilst pushing the heel of your supporting leg up off the ground.
- ✦ As your shoulders square up to the attacker, the heel of your extended leg is brought inwards towards the target (Contact Point).
- i** Your hip must move forwards so that it proceeds the kick. This will also generate the necessary momentum required for this technique.
- i** The trajectory of this kick should be horizontal.
- ✦ Contact is made using the area at the back of your heel.
- i** You can adjust the height of the kick to impact on different targets (and also depending upon individual flexibility).
- ✦ Continue to follow through the target until your knee faces towards the contact point before allowing the energy of the kick to be dissipated.
- ✦ Finally, relax your leg back in a circular movement and control it back down into a stable front stance.



# BLUE BELT



## 8. Blue Belt Pattern

Start from ready stance...

- ✦ Step back with your Left foot to take you into Right Front stance.
- ✦ High Outward Block (Open Hand) with your Right Hand (with a loud assertive yell).
- ✦ Rear Hand Inward Punch (Left Hand).
- ✦ Turn into a Twisting Stance followed by Rear Leg Side Kick stepping down into Left Front stance.
- ✦ Side Fist Strike (Left Hand).
- ✦ Rear Hand Inward Punch (Right Hand).
- ✦ Weave (Front to Rear).
- ✦ Rear Hand Inward Punch (Right Hand).
- ✦ Turn 90 degrees to the Right, replacing your right heel to remain in right front stance.
- ✦ High Outward Block (Open Hand), Rear Inward Punch, Rear Leg Side Kick, Leading Hand Side Fist Strike, Rear Inward Punch, Weave, Rear Inward Punch.
- ✦ Turn 90 degrees to the Right.
- ✦ High Outward Block (Open Hand), Rear Inward Punch, Rear Leg Side Kick, Leading Hand Side Fist Strike, Rear Inward Punch, Weave, Rear Inward Punch.
- ✦ Turn 90 degrees to the Right (Final Side).

**Combi**

High Outward Block (Open Hand), Rear Inward Punch, Rear Leg Side Kick, Leading Hand Side Fist Strike, Rear Inward Punch, Weave, Rear Inward Punch then Leading Inward Punch with an assertive yell to symbolize that you have now completed the first side.

Bring your feet together back into ready stance.

- ✦ Step back with your Right foot to take you into Left Front stance.
- ✦ High Outward Block (Open Hand) with your Left Hand (with a loud assertive yell).
- ✦ Rear Hand Inward Punch (Right Hand).
- ✦ Turn into a Twisting Stance followed by Rear Leg Side Kick stepping down into Left Front stance.
- ✦ Side Fist Strike (Right Hand).
- ✦ Rear Hand Inward Punch (Left Hand).
- ✦ Weave (Front to Rear).
- ✦ Rear Hand Inward Punch (Left Hand).
- ✦ Turn 90 degrees to the Left, replacing your left heel to remain in left front stance.
- ✦ High Outward Block (Open Hand), Rear Inward Punch, Rear Leg Side Kick, Leading Hand Side Fist Strike, Rear Inward Punch, Weave, Rear Inward Punch.
- ✦ Turn 90 degrees to the Left.
- ✦ High Outward Block (Open Hand), Rear Inward Punch, Rear Leg Side Kick, Leading Hand Side Fist Strike, Rear Inward Punch, Weave, Rear Inward Punch.
- ✦ Turn 90 degrees to the Left (Final Side).

**Combi**

High Outward Block (Open Hand), Rear Inward Punch, Rear Leg Side Kick, Leading Hand Side Fist Strike, Rear Inward Punch, Weave, Rear Inward Punch then Leading Inward Punch with an assertive yell to symbolize that you have now completed the second side.

- ✦ Remain in your stance with your guard up until told by the instructor.



# BLUE BELT

## A. Attack Drill:      ⚠ Hand Safety Must Be Worn During This Drill

This exercise is similar to the White Belt syllabus except that the student can now demonstrate techniques up to the Blue Belt level.

Student focus should now be on correct use of the hips, fluidity and speed.

## B. Defence Drills:      ⚠ Hand Safety Must Be Worn During These Drills

### Defence Drill Number 4

\* THIS IS A CONTACT EXERCISE \*

This is a more reactive drill to Defence Drill Number 3

Begin in Ready stance opposite your sparring partner with your hands down. The 'Attacker' throws a single attack (punch or kick) without any warning. The defender immediately blocks or dodges the attack and responds with no more than seven counter attacks whilst moving into or around the attacker looking for openings. Meanwhile, the attacker simultaneously moves around trying to block or dodge the counter attacks. The defender yells on their last technique to indicate that they have finished. Both partners then return to a 'hands down' position and begin again.

# BLUE BELT

## C. Close Range Drills: (Pictures illustrate starting point of attack only)

### Close Range Attack Number 14 (Rugby Tackle)

If an attacker rushes in and tries to grab your legs in an attempt to lift you up or to take you down backwards you should....

1. Immediately step backwards into a low right front stance but bend your knees slightly more than normal and lengthen your stance to lower your centre of gravity to maintain your stability.
2. Grab onto the attackers shoulders whilst performing a rear knee strike to the attackers face or body.
3. Follow up with a downward elbow strike to the centre of the attackers back (ideally aiming at the spine - which would drive the attacker towards the ground)



#### **SAFETY NOTE**

**CONTACT TO THE SPINE MUST NOT BE PRACTISED AT ANY TIME IN THE CLASS**

4. Follow up with as many finishing off techniques as possible to effect your escape.
5. Alternate to practise in the opposite stance.



## D. Focus Mitt Sparring:

For this belt level the focus mitt drills can be practised with both the holder and attacker moving forward, backward and around.

### Rear Outward Block

The mitt holder uses the mitt to attack the defenders head to enable the defender to practise Rear Outward Block.

### Back Fist / Knife Hand Strike

For right hand strikes the left mitt should be held to the front of the holder. The mitt face should be presented vertical and held at the attackers face level. Alternate for the left arm.



# BLUE BELT

## Vertical Round Punch - Leading and Rear

For right hand punches, the right mitt face should be presented turned slightly down towards the ground and held level with the punchers face, the middle of the mitt in line with the punchers nose.

Alternate for the left hand.

**⚠** Beginners should first practice this drill stationary using single punches only until their wrists have grown accustomed to this punch.

**i** For front defensive vertical round punch, the mitt should be held with the middle of the mitt in line with the punchers right shoulder and closer to the puncher.



## Reverse Swing Kick - Leading Leg

For right leg kicks, the left mitt should be held to the front or side of the holder. The mitt face should be presented vertical and held at the attackers waist level.

Alternate for the left leg.



## Focus Mitt Drill 4

The holder presents different targets, single/double punches, kicks, strikes, weaves and blocks. In between presentations, the holder should return to neutral position [one mitt on hip, one on chest], to briefly halt the attack. Presenting the mitts in this manner develops reflexes and target recognition. This drill is performed with the attacker

## E. Shield Sparring Drills:

### SHIELD DRILL NUMBER 4

**i** Refer to the Green Belt Syllabus (section 4).

# BLUE BELT GRADING REQUIREMENTS



- ▶ Blue Belt Pattern
- ▶ Blue Belt Combination
- ▶ Attack Drill
- ▶ Defence Drills Number 1, 2, 3 & 4
- ▶ Focus Mitt Sparring Drill Number 4
- ▶ Shield Sparring Drill Number 4
- ▶ Power Test (Rear Leg Side Kick)

