

TESTING CRITERIA

4th GRADE BLUE BELT

FORM

JHOON - GUN

SELF-DEFENSE

4

NEW TECHNIQUES

Ridgehand Block

Upset Palmheel Block

Twin Upset Punch

X Block

Rear Stance

SPARRING

2 - 3 TIMES

BOARD BREAKING

(All board breaking must be approved by the students instructor)

The student is required to attempt a foot technique with a single board.