

Your Martial Arts Journey

The Roadmap to Blue Belt



Character Focus: Confidence

"Confidence is earned through preparation, practice, and perseverance."

BLUE STRIPED YELLOW BELT

Martial Arts

- ☐ Demonstrate **Ki Bohn Soo 11–15**
- ☐ Learn the first 2 sections of **Cho Geup Hyung**
- ☐ Demonstrate all falls with loud kihap
- ☐ Demonstrate Jul Bohng basics #1 & #2
- ☐ Successfully complete a **Side Kick** board break

Fitness

- ☐ Hold Horse Stance for **25 seconds**
- ☐ Hold Side Kick for **3 seconds** (each leg)
- ☐ Touch your toes with straight knees
- ☐ Pivot correctly on Hook, Roundhouse & Side Kick
- ☐ Come back to low stance after kick - guards up

Knowledge

- ☐ Call out strikes **in Korean**
- ☐ Meaning of KiChoHyung and ChogeupHyung
- ☐ Identify stepping patterns for **Ki Bohn Soo 1–15**
- ☐ Identify all basic stances by **Korean** name
- ☐ Kneeling and standing bows executed correctly

Black Belt Attitude

- ☐ Arrive ready to train
- ☐ Respond loudly and respectfully
- ☐ Encourage another student
- ☐ Hold pads correctly
- ☐ Help set up or clean up equipment

Testing Demonstration

- ☐ Ki Bohn Soo 1, 2, 5, 8, 9 & 14
- ☐ Cho Geup Hyung Pt. 1 & 2
- ☐ Julbohng Skills #2 Demo
- ☐ Falling hard with Kihap
- ☐ Kicks & Punches with precision & Combos
- ☐ Side Kick Board Break

BLUE BELT

Martial Arts

- ☐ Demonstrate **Sohn Mohk Soo 1–5**
- ☐ Perform **Cho Geup Hyung** independently
- ☐ Demonstrate all previous curriculum with confidence
- ☐ Complete required Jul Bohng spins
- ☐ Successfully complete required board breaks
- ☐ Learn a spin kick and turn back sidekick

Fitness

- ☐ Hold Front Stance for **25 seconds** - both sides
- ☐ Perform 10 quality push-ups from feet
- ☐ Perform 20 lunges (10 each leg)
- ☐ Demonstrate turn back side kick - both sides

Knowledge

- ☐ Explain Kuk Sool's 3 origins
- ☐ Demonstrate all Korean vocabulary #1
- ☐ Your Mirae Mu Sul lineage /history
- ☐ Explain basic Korean flag symbolism

Black Belt Attitude

- ☐ Demonstrate positive attitude every class
- ☐ Help newer students respectfully
- ☐ Practice at home regularly
- ☐ Meet attendance goal

Testing Demonstration

- ☐ Ki Bohn Soo 8, 9 & 14
- ☐ Sohn Mohk Soo 1, 2, 3 & 5
- ☐ Cho Geup Hyung 1-3
- ☐ Julbohng Skills #2 Demo & #3 Hard Skills
- ☐ Falling higher & hard with Kihap
- ☐ Kicks & Punches with precision & Demo Combos
- ☐ SooDo (Chop) Board Break