

BOOL KUL - Blue Belt Form
Meaning - Perseverance

	Side	Movement Name	Stance	Section
1	L	Square Block	Back	High
2	R	Upset Knifehand Strike	Back	High
3	L	Hammer Fist	Back	High
4	R	Reverse Hook Kick		M or H
5	R	Round Kick		M or H
6	R	Side Kick		M or H
7	L	Double Outer Forearm Block	Back	Middle
8	R	Outer Crescent Kick		High
9	R	Spin Outer Crescent Kick		High
10	L	Jump Front Kick		High
11	R	Upset Knifehand Strike	Front	High
12	R	Knifehand Low Block	Tiger	Low
13	R	Front Kick		M or H
14	L	Reverse Punch	Front	M or H
15	R	Square Block	Back	High
16	L	Upset Knifehand Strike		
17	R	Hammer Fist		Back
18	L	Reverse Hook Kick		M or H
19	L	Round Kick		M or H
20	L	Side Kick		M or H
21	R	Double Outer Forearm Block	Back	Middle
22	L	Crescent Kick	High	
23	L	Spin Outer Crescent Kick		High
24	R	Jump Front Kick		High
25	L	Upset Knifehand Strike	Front	High
26	L	Knifehand Low Block	Tiger	Low
27	L	Front Kick		M or H
28	R	Reverse Punch	Front	M or H
29	R	Double Knifehand Strike	X	High
30	R	Double Knifehand Block	X	Low
31	L	Front Kick		M or H
32	R	Popup Jump Front Kick		M or H
33	R	Double Outer Forearm Block	Back	Low
34	L	Double Knifehand Block	Back	Middle
35	L	Inner Forearm Block	Middle	High
36	R	Inner Forearm Block	Middle	High
37	L	Spin Outer Crescent Kick		High
38	R	Double Outer Forearm Block	Back	Low

BLUE BELT ONE-STEP SPARRING

Side A will step back and attack with kicks
Side B will step forward then respond with the appropriate blocks.

“A” MOVEMENTS

- i. L Double Outer Forearm Block
R #2 Front Kick
 evade

L Outer Forearm Block
L Step back - Front Kick
R Side Kick
R Double Outer Forearm Block

- ii. L Double Outer Forearm Block
L #3 Side Kick
 evade

L Lead Leg Side Kick

R Reverse Side Kick
R Double Outer Forearm Block

- iii. L Double Outer Forearm Block
R #2 Round Kick
 pause

R Outer Crescent Kick
L Double Round Kick
L Double Outer Forearm Block

“B” MOVEMENTS

- L Double Outer Forearm Block
L Knifehand Low Block
L Step i n Backfist
R Reverse Ridgehand Strike

- L Double Outer Forearm Block
L Low Block
L Backfist
R Reverse Punch

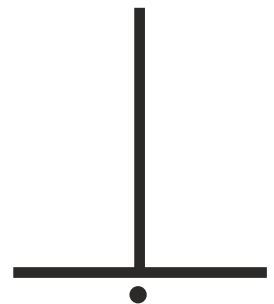
L Punch

- L Double Outer Forearm Block
L Knifehand Block
L Hop i n Back Elbow
R Spin around Knifehand Strike

Side A's are Kicks
Side B's are Blocks

Boo! Kul

Perseverance
38 Movements
6,20,29,37



LEVEL 2 Blue Belts!!

SPARRING SEGMENTS BLUE BELT

4TH GRADE - LEFT FOOT OUT TO JHOONBEE

- | | | |
|---|---|--|
| 1 | L | SPARRING STANCE - ARM BASE |
| | L | OUTER FOREARM BLOCK |
| | L | #1 HOOK KICK - lead leg |
| | R | REVERSE PUNCH - MIDDLE |
| | R | #2 JUMP ROUND KICK |
| | R | KNIFE HAND STRIKE - HIGH |
| | L | RIDGE HAND STRIKE - MIDDLE |
| 2 | R | #1 JUMP ROUND KICK - pop up |
| | L | LOW BLOCK |
| | L | #2 ROUND KICK |
| | L | BACK FIST |
| | R | REVERSE PUNCH - MIDDLE |
| | L | PUNCH - HIGH |
| | L | STEP LEFT REVERSE HOOK/ROUND KICK |
| 3 | R | #4 HOOK KICK - small step kick with back leg |
| | R | OUTER FOREARM BLOCK |
| | L | REVERSE PUNCH - HIGH |
| | L | LOW BLOCK |
| | L | OUTER FOREARM BLOCK |
| | L | #2 JUMP FRONT KICK - pop up |

BOARD BREAKS INFO.

RED BELT REQUIREMENTS

Side Kick and any other choice of technique
(Kicks are Midsection and may be #1, #2, or #3)

BROWN BELT REQUIREMENTS

Round Kick and any other choice of techniques
(Kicks are High Section and may be #1, #2, or #3)