

Cho Dan Bo (Blue Belt)

What does my belt represent?

- **Blue** represents maturity, respect, and honour. Our blue belt is given to the Cho Dan Bo (Black Belt Candidate). They must now prepare mind and body for the final step needed to attain Black Belt.

Techniques; Techniques will include a range of basic techniques. (Below is an example)

Hands

Low Block, High block, Rev Punch, front Chop
Inside to outside block, outside to inside block, rev elbow, back fist
Outside to inside block, front punch (same hand) rev. ridge hand
Low knife hand, middle knife hand, rev dubon soo do mahki
Side punch, spinning back chop, rev punch, front palm
High block, front stance, out to in and rev. punch back stance, side punch.
Choi hadan soo do mahki (forwards and backwards)

Kicks

Jab, rev punch, inside to outside axe kick
Front kick, round kick, side kick (3 steps)
Front, round, side (same leg)
Hook Kick, Back kick
Out to in and side kick, same leg, jump back kick
Jump front, deah jump front
Jump round, deah jump round.

Forms/patterns: Can be asked to perform any forms and Bo patterns, Bo Partner work.

One-step sparring: Blue belt 1-5 (15 in total) and a set from a lower belt.

Sparring: Free sparring 1 on 1, and 2 on 1.

Theory:

PUMA panel will ask you questions and a terminology test from Mr Weyman.

Breaking

Adults: Hand or foot. 1 technique, 1 chance. Juniors: Power kick on pad

Spirit Test

There is no physical within the technical part of the grading. After all grading groups have finished there will be a spirit test, around 30 minutes of physical.

Blue Belt One-Step Techniques

Hands -Attack for hands, from left hand low block, stepping right punch.

17) Step back left leg into fighting stance and perform inside to outside knife hand block with right hand. Immediately grab attackers punching wrist and pull attacker towards you, forcing attacker off balance with head down, at same time, step forwards with left leg grabbing attackers shoulder with left hand. Finish off with right hand down ward elbow to base of neck.

18) Step 45 degrees left into front stance and perform reverse inside to outside knife hand block with right hand Then grab attackers wrist turning clockwise lifting above head as defender steps through with right leg. Turn body 360 degrees and execute sidekick to attackers knee, followed by back fist to temple.

19) Step left slipping attackers punch into horse stance, trapping punch in closed elbow joint, at same time striking attackers elbow joint with knife hand strike. (Scissors motion). Then keeping punching hand trapped in elbow joint, roll elbow joint over with left hand and as defender steps back with right leg, place right hand on top of left (both palms down) and push down on locked elbow, forcing attacker down.

20) Step 45 degrees to right into horse stance, and perform left hand knife hand block and right hand uppercut simultaneously. Then left hand spear attack to groin (right hand over left shoulder) and right hand knife hand attack to face (left hand chambered at left).

21) Same step and stance as above, and perform left hand knife hand block and right hand hooking elbow to side of attackers face simultaneously. Immediately elbow strike other side of attackers face with same arm and wrap arm around neck with front choke, lifting arm up into attackers throat to enhance choke. Finally step in with left leg and execute right leg knee strike to mid section.

Blue Belt One-Step Techniques

Kicks - Attack for kicks, right leg front kick to mid section

17) From right leg rear fighting stance, step back left leg and perform in to out palm block with right hand. Then execute front left leg front kick and then right leg spinning back in to out kick.

18) From same stance as above, step back left leg and perform out to in double hand palm block. then execute round house kick with front leg (right) and spinning back kick with left leg.

19) From same stance as above, step back left leg and perform right hand down ward palm block. then 360 degree round house kick with right leg.

20) From same stance as above, step back left leg and perform right hand down ward palm block. Then jump spinning back kick with left leg.

21) From same stance as above, step 45 degrees to left into front stance, and perform reverse in to out palm guarding block(block does not have to make contact, just precaution). Then right leg in to out axe kick.

Blue Belt One-Step Techniques

Self Defence— Attacks are with knife, from right leg back, fighting stance.
Knife in right hand

17) Attacker steps in with right leg and lunges with right hand knife attack to mid section.

From right leg rear fighting stance defender steps to left, grabbing attackers right wrist from top with left hand, immediately grabbing with right hand from underneath. Defender then executes left hand elbow strike to face, still keeping firm grip with right hand. Immediately execute in to out twisting wrist lock as defender steps back with left leg, taking attacker down. Then step back with right leg, keeping attackers arm high, with wrist lock on, and pull attacker onto stomach and finish with stomp kick.

18) Attacker steps in right leg, with downward stabbing attack.

Defender steps left, block and grab with right hand. Pulling attacker forwards off balance and elbow strike to face. Finish with elbow break by dropping body weight on to elbow.

19) Attacker steps in right leg with slashing knife attack from out to in.

Defender times the step in when knife in back ward movement, then performs left hand block and grab and right hand claw attack to eyes and face forcing head back, then execute knee to groin and finish with out to in wrist lock, and take down.

20) Attacker steps in with in to out slashing attack.

Defender times step in when knife in backward motion then performs double block with both arms, immediately grabbing attackers knife hand wrist with right hand, then execute hammer fist to attackers face with left hand and finish with sweep to back of attackers leg.

21) Attacker attacks from behind and places knife to throat.

Defender grabs knife hand on top with right hand, and front of knife hand with left hand simultaneously, and then immediately steps back into gap left by attackers bent elbow. Then twist attackers knife hand clockwise out straight and lift high and pull down sharply onto right shoulder causing elbow damage and pain. Finish off by stepping out with left leg and turning clockwise, twisting and pulling attacker down and execute kick if necessary.