

# Blue Belt Requirements

## All White & Yellow Belt Material

### Kicks:

Double Jump Smash  
Single Jump Spinning Smash  
Wheel Kick

### Hand Strikes:

Palm Strikes

### Sweeps:

Iron Broom  
Tiger Tail

### Conditioning:

20 Push Ups  
20 Bent Knee Sit Up  
20 Leg Lifts  
20 Flat Footed Squats

### Pressure Points:

Stomach = ST 9  
Gall Bladder = GB 21  
Small Intestine = SI 16  
Ren = RN 23 & 24  
Governing = GV 20 (DU 20 and Bai Hei), GV 24-26 (DU 25-26)



**Chin Na:** 21-30

**Tan Tui Short Forms:** 16-25

**Nunchucku Spins:** 1-20

**I Pu Fa Shu:** 1-10

**Long Forms:**

Se Mien pa Fang Pang (Four Faces, Eight Directions Double Ended Staff)

T'ai P'eng Sin Kune (Great Bird Spreads It's Wings)