

Monroe County Martial Arts

Blue Belt

Kicks

front	jump front	axe
half-moon	back crescent	jump tornado
roundhouse	tornado	jump reverse roundhouse
side	thunder	jump backside
inside crescent	back spin	drop back spin
outside crescent	jump roundhouse	
backside	hook	

Hand Techniques

horse stance-triple punch	inside knifehand	backfist
low block	ridge hand	outside hammer fist
high block	outside knifehand	spear hand
inside block	knifehand blocks	roundhouse elbow
outside block	tiger claw	
palm heel	upper cut	

Forms

Palgue 1-5

Self-Defense (ages 16 and up)

choke from front	gun defense high
choke from rear	gun defense low
mounted choke	gun finger lock
front hair pull	overhand stick strike
rear hair pull	forehand stick strike
front bear hug-arms pinned	backhand stick strike
rear bear hug-arms pinned	
front bear hug-arms free	
rear bear hug-arms free	

Training Time: 4-6 months (2-3 classes per week)

Test Fee: \$55 (for children, this includes 2 striped-belt tests that follow)