

Blue Belt: Blue signifies the blue sky as the plant continues to grow toward it. A blue belt student is moving higher in rank, just as a plant grows taller. The blue belt student is being fed additional knowledge of the Art and their body and mind continue to grow and develop.

Blue Belt Form - Joong-Gun (29 Moves)

Move Number	Direction / Turn	Stance	Foot Technique	Hand Technique
Ready Stance "B"				
1	Left 90°	Left Cat Stance		Left Ridgehand Block
2			Left #1 Front Kick	
3	Step Forward	Right Back Stance		Right Palm Heel
4	Right 180°	Right Cat Stance		Right Ridgehand Block
5			Right #1 Front Kick	
6	Step Forward	Left Back Stance		Left Palm Heel
7	Left 90°	Left Back Stance		Left Double Knifehand
8	Shift Stance	Left Front Stance		Right Reverse Upward Elbow
9	Step Forward	Right Back Stance		Right Double Knifehand
10	Shift Stance	Right Front Stance		Left Reverse Upward Elbow
11	Step Forward	Left Front Stance		Twin Face Punch
12	Step Forward	Right Front Stance		Twin Middle Uppercuts
13	Left 180°	Left Front Stance		X Block (fists) high
14	Left 90°	Left Back Stance		Left Backfist
15	Shift Stance	Left Front Stance		Right Reverse Punch
16	Right 180°	Right Back Stance		Right Backfist
17	Shift Stance	Right Front Stance		Left Reverse Punch

18	Step Together, Left Steps Out	Left front stance		Inner Forearm Block
19	Shift Stance	Left Back Stance		Left High Punch
20	Left 180°	Right Front stance	Right #2 Side Kick	Inner Forearm Block
21	Shift Stance	Right Back Stance		Right High Punch
22	Right 180°		Left #2 Side Kick	
23		Left Back Stance		Left Double Fist Block
24	Shift Stance	Left Front Stance		Right High to Low Double Palmheel Press
25	Step Forward	Right Back Stance		Right Double Fist Block
26	Shift Stance	Right Front Stance		Left High to Low Double Palmheel Press
27	Left Foot Together, 90° Left Turn	Closed Stance		Right Horizontal Middle Pressing Punch
28	Step Forward	Right Back Stance		C-Block
29	Step Together, Left Steps Out	Left Back Stance		C-Block