

Blue 5 Syllabus (Pattern 5) O Jang

Practical		Instructor Comments
Combination: Cut kick, jump back kick		
Running jump turning kick		
Combination: Turning kick, Tornado (land change feet) Tornado		
Combination: Turning kick, jump back kick		
Combination: Axe kick, turning Kick, Jump back kick		
Combination: Inch back change feet, sliding turning kick, Back kick		
Combination- Jab, Cross, Turning Kick		
Combination – Jab, Cross Elbow Strike.		
Combination- Jab, Cross, Upper elbow Strike		
Instructors choice of 3 Way Directional Breaks		

Breaking: Reverse kick, Tornado, Elbow strike, Fist (Dependent of age)

Student Name

Student age..... Date.....

Masters comments only

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Masters signature.....Date.....