

# Edison Martial Arts: Blue Belt

## Combinations

1. Combination 1
  1. Spinning Hook Kick
  2. Back Leg Round Kick
  3. Back Punch
2. Combination 2
  1. Skip Lead Leg Hook Kick
  2. Back Leg Front Kick
  3. Spinning Hook Kick
  4. Back Punch
3. Combination 3
  1. Back Leg Round Kick
  2. Tornado Kick
  3. Spinning Hook Kick
  4. Ridge Hand

## Kata (Jung-Yee/ Justice)

*Cardinal Directions "Left, Right, Forward and Back" are relative to you are currently facing. These will be seperated from the move with a comma, like this: (Step Left, Left Hand Middle Block). If it is labeled with Side on the end, it is signifying for you to step according to the beginning position. Otherwise, you move in the direction YOU are facing (If you're facing left, you move left. If you're facing back, move back) Remember, these steps are only to be used as reference. The actual kata should be learned from a qualified instructor as no written manual can replace him or her.*

*Beginning Stance: Fist Crossed over each over in Touch Position*

1. Step left, Left Hand low block and Right Hand Punch
2. Step back to starting position
3. Step right, Right Hand low block and Left Hand Punch
4. Step back to starting position facing right side
5. Step left, Left Hand middle block and Right Hand punch
6. Step forward into low horse stand, Right Arm middle block and Left Hand on top of Right Arm
7. Step around, Left Hand middle block and Right Hand punch
8. Step forward, Right Hand low block and Left Punch
9. Step back to touch position
10. Step out to right side, Right Hand low block and Left Punch
11. Step back to touch position facing left side
12. Step out, Right Hand middle block and Left Hand punch (retreat back to left hand middle block position)

13. Step up to touch position with fists in chamber position (fists on both sides of belt on your waste)
14. Step forward with Right Leg to Low Forward Stance, Low X block (both hands block while crossing over each other)
15. Middle X block (bring the low X block to your chest)
16. High X open hand block
17. Put palms together
18. Right Punch
19. Left Punch
20. Right Punch
21. Step back to touch position with fists in chamber position
22. Step back with Right Leg to Low Forward Stance, Low X block
23. Middle X block
24. High X open hand block
25. Put palms together
26. Right Punch
27. Left Punch
28. Right Punch
29. Step up to touch position with Hands at Chest Level, Left Leg Front Kick
30. Right Leg Round Kick
31. Tornado Kick
32. Smash Position (horse stance and left elbow into right hand)
33. Right Hand low block and Left Punch
34. Turn to your right, Left Hand low block and Right Hand punch
35. Step back to touch position facing forward side
36. Turn to your left, Right Hand low block and Left Hand punch
37. Step back to Starting Position

### **Self Defense<P**

1. Elbow Grab
2. Cross Single Hand Wrist Grab
3. Hand Shake

### **Curriculum**

First Stripe	Combinations	15 Lessons
Second Stripe	Kata: Jung-Yee/ Justice	15 Lessons
Third Stripe	Self Defense	15 Lessons
Graduation	1. Combinations and Self Defense	35 Lessons/ Three Stripes
	2. 6 Count Side Kick	
	3. Jung-Yee and Complete Test Procedures	