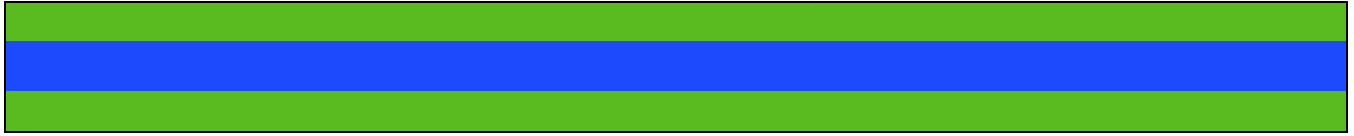


Blue Stripe



Forms

- Taeguek 4

Blocks

- Combo 5

Kicks

- Hop Back Roundhouse, Hop Back Apar

Footwork

- Number 8

Self-Defense

- Bear Hug: Up-Down Elbow Strike, Double Elbow Strike, Foot Stomp

Breaks

- Axe Kick