



Study Guide for Students *Getting to Blue Belt*

Introduction

Like most all for new ranks from here to black belt, to get to blue you'll need to learn thirty new self-defense moves and two new kata.

For blue belt, you will also have your first requirements for effective ground techniques. While going to the ground is not usually where one would like to be, it can happen, and a good fighter needs to be comfortable there as well as have an effective set of techniques to allow for quick escape from the ground and back to standing.

Techniques Required

Series #1

Turning the Handle	Reaching for the Moon
Bridging the Gap	Flashing Daggers
Advancing Phoenix (AB)	Bending the Limb
Two Headed Serpent	Wrap Arouds (ABCD)
Reversing Grasp (AB)	Crouching Falcon

Notes and Observations Regarding the Above Techniques

- Advancing Phoenix: Expands further the concept of blocking and attacking simultaneously.
- Reaching for the Moon: Considered to be one of the most "fun" of the Tracy techniques.
- Flashing Daggers: Excellent move to develop flow.

Series #2

Darting Serpent (ABC)	Spinning from the Sun
Silk Wind	Folding Wings
Spreading the Leaves	Vise
Crossing the Lock	Swinging Gate
Darkness	Stretching the Bow

Notes and Observations Regarding the Above Techniques

- Darting Serpent: Both a laboratory move as well as a student favorite
 - Silk Wind: One of the best defense for this type of attack
 - Crossing the Lock: Simple but effective defense for this type of grab.
 - Darkness: One of THE most classic and popular of all Tracy techniques.
 - Vise: A student favorite
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- Swinging Gate: The latest effective version of an older semi-effective one
 - Stretching the Bow: Very effective technique that can be easily modified for street applications.

Series #3

Arcing Blades	The Serpent
Circle of China	Broken Staff
Silent Escape (AB)	Circling Serpent
Returning Viper	Chinese "L" Choke
Returning Thunder	5 Swords

Notes and Observations Regarding the Above Techniques

- Arcing Blades: Great move to teach body alignment and movement to project power
- Silent Escape: This is the dynamic application among the three defenses for a hammer lock.
- Returning Viper: Great sparring and fighting setup technique
- Circling Serpent: A favorite among kickers
- Chinese "L" Choke: Modification of Opening the Cowl
- Five Swords: Classic Tracy technique to develop flow and target selection

Kata Required

Long Form #2, Short Form #3

Like previous ranks, blue belt requires an extended version of a known kata (#2) and the short version of a new kata (#3). Both kata feature self defense moves prominently which make learning them much more simplified. Normally, these kata are taught after the prescribed 30 self defense techniques.

Both kata are very effective in teaching proper technique. There are also capable tournament winners when performed well.

Basics Required

Crescent Kick (Inward and Outward)	Brush Block
Windmill Block	Escape from Headlock (from ground)
Escape from Top Mount (from ground)	Passing the Guard (from ground)



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Things to Practice

Increase your repetitions for all basics.

Spend some time “rolling” with opponents of different sizes. Learn to make ground techniques work with those opponents.

Other ideas include:

1. Continue to work on fluidly moving in your fighting stance(s). Work both sides.
2. Improve your use of imaginary opponents. See in your mind what’s happening.
3. Work on some of your lesser used kicks and strikes.
4. Learn the differences between using a block and a parry. Determine how each affect your own favorite self defense techniques.
5. Spend a night doing all the self defense techniques from different belts. Are you still competent with them? Do you find them easier to do now?
6. Do something FUN! Practice an advanced technique or basic you learned in class. If you have problems, write down the problem and ask about it the next time in class.



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Sensei's Notes

Learning the material for blue belt is considered by many students to be one of the more enjoyable of the ranks to attain. Many of the self defense moves are very different and require some ability to perform correctly. It allows the student to really demonstrate their skill and understanding in a group class or performance.

The kata also become complex enough to be eye-catching but not so much that the student becomes lost or the kata is difficult to learn.

Getting to blue belt represents your dedication to progress to the advanced underbelt level. Green is right around the corner, and then onto brown. Blue is where many students claim that they first saw being a black belt as a reality.