



Martial Arts USA – The Family Club  
Jeff Cvitak – Owner, Master Instructor

4560 S. Campbell Ste. 132  
Springfield, MO 65810  
(417) 886-3331  
[jcvitak@gmail.com](mailto:jcvitak@gmail.com)  
[www.martialartsusa.net](http://www.martialartsusa.net)

## Adult Int. Blue Stripe Requirements

What you have to know to earn your Blue Stripe

- Strikes 1-7 on both sides
- Double Horseshoe

What we are looking for to earn your Blue Stripe:

- Correct order
- Accuracy of strikes
- Knowledge of technique
- Flow of each strike
- Speed