

Yellow Stripe Belt Curriculum

Red Tape

- P.K. Training
- Hand Techniques #1 ~ #2
- Kicking Techniques #1 ~ #2
- Clean and correctly worn uniform

Yellow Tape

- Self defense techniques: #1, #2
- One step sparring: #1 ~ #3
- Breaking technique: Walking Back Kick
- Black belt philosophy - "Self Confidence"

Green Tape

- Tae Geuk E Jang

Black Tape

- Review and pre-test all the above requirements
- Review Terminology
- Appropriate uniform
- Minimum of 14 classes and 7 weeks

REQUIREMENTS

1. Parent and teacher signatures on the test paper
2. Minimum of 16 classes within 8 weeks

P.K. TRAINING: Palm Block - Punch - Palm Block - Punch - Knee Strike - Knee Strike - Turnaround (say Sir) X2

HAND TECHNIQUES:

1. Front Stance - High Punch X3 (Turnaround)
2. Back Stance - Double Knife Hand Block X3 (Turnaround)

KICKING TECHNIQUES:

1. Skip Round House Kick - Round House Kick - Back Kick - Turnaround (say Sir) X2
2. Skip Ax Kick - Round House Kick - Back kick - Turnaround (say Sir) X2

SELF-DEFENSE (ho sin sool): #1 Grab one shoulder, #2 Grab both shoulders (see video below)

ONE STEP SPARRING: #1, #2, #3 (see video below)

BREAKING TECHNIQUE: Walking Back Kick

FORM: Tae Guek E Jang

Start - All forms begin from a ready stance

1. Turn left 90 degrees - left walking stance - left down block
2. Step forward - right front stance - right middle punch
3. Turn right 180 degrees - right walking stance - right down block
4. Step forward - left front stance - left middle punch
5. Turn left 90 degrees - left walking stance - right middle block
6. Step forward - right walking stance - left middle block
7. Turn left 90 degrees - left walking stance - left down block
8. Right front snap kick - right front stance - right high punch
9. Turn right 180 degrees - right walking stance - right down block
10. Left front snap kick - left front stance - left high punch
11. Turn left 90 degrees - left walking stance - left high block
12. Step forward - right walking stance - right high block
13. Turn left 270 degrees - left walking stance - right middle block
14. Turn right 180 degrees - right walking stance - left middle block
15. Turn left 90 degrees - left walking stance - left down block
16. Right front snap kick - right walking stance - right middle punch
17. Left front snap kick - left walking stance - left middle punch
18. Right front snap kick - right walking stance - right middle punch - !!Kiyup!!
19. Finish - Turn left 180 degrees - return to ready stance

TERMINOLOGY:

1. Sparring- Gyu roo gi
2. Rest - Goo man
3. Hello, how are you?- Ahn nyung ha shim nee ga?
4. Korean number 21-30: Sumul hana, sumul dul, sumul set, sumul net, sumul da seot, sumul yeo seot, sumul ilgop, sumul yeo deol, sumul ah hop, soh reun

GENERAL QUESTIONS AND KNOWLEDGE:

1. Why is it necessary to practice forms and blocks?
- Forms and blocks create the necessary foundation for achieving coordination, agility, balance, and power.