

Yellow Belt Curriculum

Red Tape

- P.K. Training
- Hand Techniques #1 ~ #2
- Kicking Techniques #1 ~ #2
- Respectful attitude (Yes Sir, Yes Ma'am)
- Clean and correctly worn uniform

Yellow Tape

- Self Defense Techniques: #1, #2
- One Step Sparring: #1 ~ #3
- Practice Breaking Technique: Back Kick
- Black Belt Philosophy: "Self Control"

Green Tape

- Tae Geuk Il Jang

Black Tape

- Review & pre-test all of 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: Skip Jab - Punch - Duck - Hook - Duck - Hook - Roundhouse Kick - Back kick - Turnaround (say Sir) X2

HAND TECHNIQUES:

1. Front Stance - Inner Wrist Block X3 (Turnaround)
2. Back Stance - Inner Wrist Block X3 (Turnaround)

KICKING TECHNIQUES:

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

SELF-DEFENSE (ho sin sool): #1 Grab elbow, #2 Grab both elbows (see video below)

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

BREAKING TECHNIQUE: Walking Back Kick

FORM:Tae Guek IL Jang

Start - All forms begin from a ready stance

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

TERMINOLOGY:

1. Yelling- Gi hap
2. Switch legs- Bal ba kwa
3. End (finish)- Go man
4. Korean number 11-20 (Review): Yeol hana, yeol dul, yeol set, yeol net, yeol da seot, yeol weo seot, yeol il ghop, yeol yeo deol, yeol ah hop, sumul

GENERAL QUESTIONS AND KNOWLEDGE:

1. Why do you wear a white uniform?
- I wear a white uniform to present myself as a clean piece of paper for sa bum nim to write his knowledge on; only when there isn't any more knowledge that I can learn, when every inch of paper is filled, could I wear a colored or black uniform. Therefore, since no one can have perfect knowledge, no one can wear a colored one.
2. What benefits have you received since you have started studying Taekwondo?
- Answer on your own