

# YELLOW STRIPE BELT CURRICULUM

## **RED TAPE**

- P.K. TRAINING
- HAND TECHNIQUES #1, #2
- KICKING COMBINATION #1, #2
- CLEAN AND CORRECTLY WORN UNIFORM

## **YELLOW TAPE**

- ONE STEP SPARRING #1, #2, #3
- SELF DEFENSE #1, #2

## **GREEN TAPE**

- TAE GUK 2 (E) JANG

## **BLACK TAPE**

- REVIEW & PRE-TEST ALL OF THE ABOVE TAPES
- REVIEW TERMINOLOGY
- MINIMUM OF 16 CLASSES WITHIN 8 WEEKS

## REQUIREMENTS FOR BELT PROMOTION TEST

1. ALL 4 TAPES ON THE BELT
2. PARENT AND TEACHER'S SIGNATURES ON THE TEST APPLICATION
3. MINIMUM OF 16 CLASSES WITHIN 8 WEEKS

## BREAKDOWN ON CURRICULUM

### **P.K. TRAINING:**

PALM BLOCK – PUNCH – PALM BLOCK – PUNCH – KNEE STRIKE – KNEE STRIKE –  
TURN AROUND (SAY SIR) X2

### **HAND TECHNIQUES:**

1. FRONT STANCE – HIGH PUNCH X3 (TURN AROUND)
2. BACK STANCE – DOUBLE KNIFE HAND BLOCK X3 (TURN AROUND)

### **KICKING COMBINATION:**

1. SKIP ROUNDHOUSE KICK – ROUNDHOUSE KICK – BACK KICK – TURN AROUND (SIR) X2
2. SKIP AX KICK – ROUNDHOUSE KICK – BACK KICK – TURN AROUND (SIR) X2

**SELF DEFENSE:** #1, #2 (SEE VIDEOS ON THE WEBSITE)

**ONE STEP SPARRING:** #1, #2, #3 (SEE VIDEOS ON THE WEBSITE)

**BREAKING TECHNIQUE:** WALKING BACK KICK

**FORM:** TAE GUK 2 (€) JANG

**START – ALL FORMS BEGIN FROM A READY STANCE (JOON BI)**

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 FRONT STANCE – LEFT HIGH PUNCH
10. TURN LEFT 90 DEGREES – 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 – ‘KI HAP’ SAY AYA!
19. FINISH – RETURN TO READY STANCE

**\*BLACK TAPE STUDY GUIDE**

**TERMINOLOGY:**

1. KOREAN NUMBERS (21-30) : SUMUL HANA, SUMUL DUL, SUMUL SET, SUMUL NET, SUMUL DA SEOT, SUMUL YEO SEOT, SUMUL ILGOP, SUMULYEO DEOL, SUMUL AH HOP, SOH REUN.
2. SPARRING: *GYUH ROO GI*
3. REST : *GOO MAN*
4. HELLO, HOW ARE YOU?: *AHN NYUNG HA SHIM NEE GA?*

**GENERAL QUESTIONS AND KNOWLEDGE:**

1. WHY IS IT NECESSARY TO PRACTICE FORMS AND BLOCKS?
  - A. *FORMS AND BLOCKS CREATE THE NECESSARY FOUNDATION FOR ACHIEVING COORDINATION, AGILITY, BALANCE, AND POWER*