



Yellow Belt

Adult's

Requirements:

New Techniques from White Belt
Also Responsible for all Material Previous Learnt

Stances:

Back Stance

Hand Techniques:

Blocks:

Single Knife Hand Block

Hammer Block

Kicks:

Side Kick

Kicking Combinations:

Roundhouse Step up Side Kick

Forms:

Chun Ji – Heaven & Earth

Self Defense:

A1-A5

Other Skills:

No Contact Sparring

Moving Basics

Turning to the open belt side

(in both front stance & back stance)

Breaking:

1 Board – Choice of Technique

Korean Language and Related Trivia:

What is a Form?

What are we doing when we do a form?

Count 1-10 in Korean

1- Hana

2 - Dool

3 - Sett

4 - Nett

5 - Dah Suht

6 - Yuh Suht

7 - Ill Gope

8 - Yuh Duhl

9 - Ah Hope

10 - Yuhl