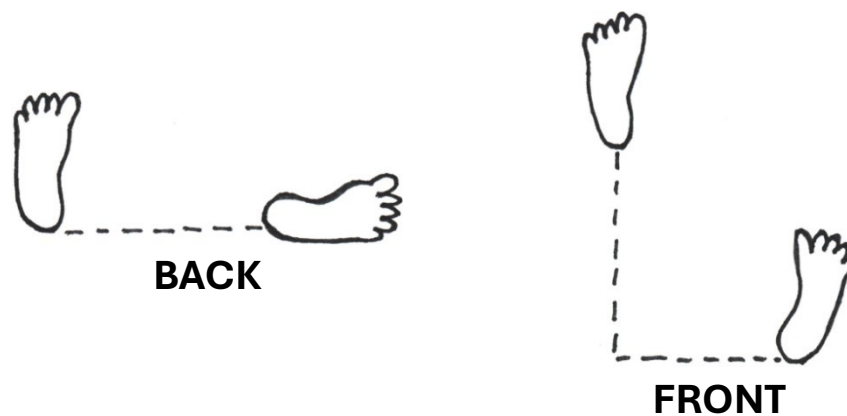


Yellow Belt Basics

STANCES

FOR DAN-GUN (YELLOW BELT) CONCENTRATE ON THESE STANCES...



KICKS

PRACTICE ALL KNOWN KICKS... CORRECT FORM...BOTH LEGS.

CHECK PREVIOUS BELT BASICS. ADD...

*BACK-TURNING KICK

STRIKES/BLOCKS

PRACTICE ALL STRIKES/BLOCKS. LEARN & PRACTICE CHAMBERING.

*KNIFE-HAND * KNIFE-HAND GUARDING *TWIN BLOCK

*RISING BLOCK *HIGH SECTION LUNGE PUNCH

KICKING COMBINATIONS

PRACTICE ALL OVER & OVER... CHECK PREVIOUS BELT BASICS. ADD... *RH-
BACK-TURNING – REVERSE PUNCH

*RH – JUMPING RH – RH – REVERSE PUNCH

1 STEP SPARRING *CONTINUE LEARNING 1 – 5

TERMINOLOGY

*1 - 10 (IN KOREAN) *AIMS TO ACHIEVE *TKD PLEDGE *DEFINITION OF
DAN-GUN (YELLOW BELT)

ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.