

# MARTIAL ARTS USA

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## YELLOW BELT Dragons and Teen/Adult REQUIREMENTS

### FORMS:

#### Palgwe Il Chang:

1. Turn left 90 degrees, front stance, low block with left hand
2. Step forward, front stance, "out to in" middle block with right hand
3. Turn right 180 degrees, front stance, low block with right hand
4. Step forward, front stance, "out to in" middle block with left hand
5. Turn left 90 degrees, front stance, low block with left hand
6. Step forward, back stance, "out to in" middle block with right hand
7. Step forward, back stance, "out to in" middle block with left hand
8. Step forward, front stance, stomach punch with right hand and "KI YUP"
9. Turn left 270 degrees, back stance, double middle soto.
10. Step forward, back stance "out to in" middle block with right hand
11. Turn right 180 degrees back stance, double middle soto
12. Step forward, back stance "out to in" middle block with left hand
13. Turn left 90 degrees, front stance, low block with left hand
14. Step forward, front stance, chop nick with right hand
15. Step forward, front stance, stomach punch with right hand and "KI YUP"
16. Turn left 270 degrees, front stance, low block with left hand
17. Step forward, front stance, "out to in" middle block with right hand
18. Turn right 180 degrees, front stance, low block with right hand
19. Step forward, front stance, "out to in" middle block with left hand

### ONE STEPS:

1-5

Combo # 2- Round Axe Round

### KICKS:

Axe Kick

### FALLING TECHNIQUES:

(NAK BUP)

Falling Backward

### SELF DEFENSE:

Vertical Elbow/Horizontal Elbow

### TERMINOLOGY:

Uniform: Dobok

Belt: Di

Studio: Dojang

### SPARRING:

Slide Back/Step Back

Combo # 1- 3 Round kicks

### BASIC TRADITIONAL BLOCKS/STRIKES TKD

Sangsu Jungdan sudo- Double middle Edge of Hand