

MARTIAL ARTS USA

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YELLOW BELT LITTLE DRAGONS

REQUIREMENTS

FORM:

Universal 1:

1. Back Fist
2. Reverse Punching
3. Round House Kick
4. Slide Up Slide Kick
5. Back Fist
6. Kneeling Punch
7. Drop Side Kick
8. Yuk Soo (Right Hand)
9. Chopping
10. Reverse Punching (Ki Hap)

SELF DEFENSE:

Elbows

NAK BUP:

Falling Backward

KICKS:

Chigi chagi- axe kick

TERMINOLOGY:

Uniform- Dobak

Studio- dojang

Belt- Di

Sparring:

Slide Back/Forward

Three round house kick combo

Self Discipline- Doing what you're supposed to do or told to do, and doing it your best.