

# MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952



## 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 sudo.
10. Step forward, back stance "out to in" middle block with right hand
11. Turn right 180 degrees back stance, double middle sudo
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 neck with right hand
15. Step forward, front stance, chop neck with left hand
16. Step forward, front stance, **stomach punch** with right hand and "KI YUP"
17. Turn left 270 degrees, front stance, low block with left hand
18. Step forward, front stance, "out to in" middle block with right hand
19. Turn right 180 degrees, front stance, low block with right hand
20. Step forward, front stance, "out to in" middle block with left hand

#### ONE STEPS: 1-6

**KICKS:**  
Axe Kick

**SELF DEFENSE:**  
Vertical Elbow/Horizontal Elbow

**SPARRING:**  
Slide Back/Step Back  
Combo # 1- 3 Round kicks

Combo # 2- Round Axe Round

**FALLING TECHNIQUES:**  
(NAK BUP)  
Falling Backward

**TERMINOLOGY:**  
Uniform: Dobok  
Belt: Di  
Studio: Dojang

**BASIC TRADITIONAL BLOCKS/STRIKES TKD**  
Sangsu Jungdan sudo- Double middle Edge of Hand