

YELLOW BELT REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW EQUIPMENT REQUIRED

Foot Pads for Defense drill

Patches—American Flag, Korean Flag, School Location.

NEW TECHNIQUES

Side Kick (front leg)

Front and Rear Elbow Strike

PATTERN: TAE UM EE JUL

(Ready Stance to Front Stance) Outward Block, Front Leg Front Kick, Front Punch, Rear Punch, Dodge, Rear Punch

COMBINATION

(Ready Stance to Front Stance) Outward Block, Front Leg Front Kick, Front Punch, Rear Punch, Dodge, Rear Punch

DEFENSE DRILL

Movement: Stationary

Attack: Exchange Ki Haps and attack with foot techniques only

Defense: Block techniques (contact blocking)

AIR SHIELD

Stationary Air Shield Attack

POWER TEST

Rear Punch