

## **YELLOW BELT SENIOR REQUIREMENTS**

### MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

### NEW TECHNIQUES

Side Kick (rear leg)

Rear Knee Strike

### PATTERN: TAE UM EE JANG

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

Last Direction: Add Front Punch

Turning is performed by pivoting on both feet 90 degrees and stepping straight back with the new front foot. Turn towards the left during the Right Side and turn towards the right during Left Side.

### COMBINATION

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

### DEFENSE DRILL

Movement: Stationary

Attack: Exchange Ki Haps and attack with hand and foot techniques only

Defense: Block techniques (contact blocking)

### AIR SHIELD

Stationary Air Shield Attack

### POWER TEST

Front Kick Front Leg

### CLOSE RANGE (ADULT ONLY)

Front two hand choke.

**Junior Students You Are Now Eligible For The Hwa-Rang Club**