

## EE DAN YELLOW REQUIREMENTS

### MINIMUM REQUIREMENTS

24 Weeks and 48 classes since last test. Assist in 24 classes since last test.

### NEW TECHNIQUES

Sliding Front Foot Reverse Swing Kick

Sliding Front Foot Heel Kick

Sliding Front Foot Downward Kick

### PATTERN: OH HENG EE JANG

Turning to the right, step back with the left foot into right front stance. Outward block(OH), RP, dFK(front), FP, RP, SwK(rear), FP, RP, RndP, dodge, RndP.

Step with the left foot turning backwards into a left front stance facing in the opposite direction performing a left spinning backfist strike; RP, dFK(front), FP, RP, SwK(rear), FP, RP, RndP, dodge, RndP.

Step with right foot and turn to the right into a right front stance; backfist strike, RP, dSwK(rear), RP, Outward block(OH), RP, dSwK(rear), RP / RevKH, SwK(front), spinningSK, RP, RndP(def), UpP.

Step with left foot turning backwards into a left front stance facing in the opposite direction; RevKH, SwK(front), spinningSK, RP, RndP(def), UpP.

Low block(OH), RP, front round elbow, backfist, RP, dodge, RP.

Step over with right foot turning forward into a left front stance facing in the opposite direction; low block(OH), RP, front round elbow, backfist, RP, dodge, RP.

Front foot steps to rear foot to Paro.

### COMBINATION

Open hand outward block, rear punch, double swing kick (rear leg), rear punch.

## EE DAN YELLOW REQUIREMENTS (CONTINUED)

### SPEED DRILL # 9 – 16 (REAR LEG KICKS)

#### DEFENSE DRILL

Number of Attackers: Three

Attack: Arrange yourselves and determine initial attacker and what each attacker is attacking with.

Defense: Ki-Hap when ready to begin and defend all three attackers attempting to line them up in a straight line. Repeat same scenario at full speed until defense is successful.

#### AIR SHIELD ATTACK

3 on 1 air shield attack drill. (Attempting to line shields up into a straight line)

#### POWER TEST

Sliding front leg reverse swing kick, sliding front leg heel kick, sliding front leg downward kick