



Congratulations on your new Yellow Belt!

You have conquered the hardest part of your training, getting to your first belt test. Now it is time to have some fun!

You will be doing exchange sparring, which is when each person gets a “turn” in sparring. This allows you to learn to move with your opponent, block, counter and hit your target in a controlled setting.

Also enclosed is a 300 Forms Club sheet. This program, designed to promote and reward practice at home, is like extra credit; not required, but you are encouraged to try to achieve the goal of completing 300 of each of your forms between testing dates.

The 300 Forms Club form is also used to track the requirements that you complete 100 of your top forms to be eligible to test for your next belt. Use the gray section to track these required forms and turn in to your instructor.

Next, we have enclosed the material that you will be required to know for your Yellow II Belt Test.

See you in class!



Yellow Belt Coupon

In honor of receiving your Yellow Belt, we would like to present this coupon for \$3 off a t-shirt. Since you will now be doing sparring, and you are allowed to wear a t-shirt on sparring days all year, it might be nice to have an extra. In addition, if you wear one to school, you might get a friend to join classes with us!



Talon Martial Arts



Yellow Belt Coupon

\$3.00 off any t-shirt

Limit 1 per student. Expires when you get your Green Belt. No cash value.

Yellow I to Yellow II Class Tracker & Requirements

Classes:

*(enter the dates
you attend class)*

Sparring:

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Yellow II Test 2 Months/24 classes/4 Sparring
<p><u>Forms Katas</u> Basic Form 3 Palgue Form 1 Palgue Form 2</p> <p><u>Kicks</u> Fighting Pattern 1 Fighting Pattern 2 Fighting Pattern 3 Round House Back Kick Jump Front Kick Jump Round Kick Back Step Side Kick Skip Side Kick Outside In crescent Spin Crescent</p> <p><u>Basic Technique</u> Front Stance w/ Punch Down Block Outside Block Center Double Punch Inside Block Outside Chop Inside Chop Double Center Block Side Punch Back Stance Basic Technique Double Down Block Double Center Block Double Low Knife Hand Double Center Knife Hand</p> <p><u>One Steps 1-6</u></p> <p><u>Exchange Sparring</u> One 1 Minute Round</p>

PALGUE FORM I (Pal-Gwe Il-Chang)

ACTION SINGLE CHOON BI

1	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER BLOCK	FRONT STANCE
2	3	TURN RIGHT 180°, RIGHT DOWN BLOCK	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER BLOCK	FRONT STANCE
3	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER BLOCK	FRONT STANCE
	3	STEP FORWARD, LEFT CENTER BLOCK	FRONT STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
4	1	TURN RIGHT 270°(back leg), LEFT DOUBLE KNIFE HAND HIGH	BACK STANCE
	2	STEP FORWARD, RIGHT INSIDE CENTER BLOCK	BACK STANCE
1	3	TURN RIGHT 180°, RIGHT DOUBLE KNIFE HAND HIGH	BACK STANCE
	4	STEP FORWARD, LEFT INSIDE CENTER BLOCK	BACK STANCE
2	1	TURN LEFT 90°, LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT INSIDE CHOP	FRONT STANCE
	3	STEP FORWARD, LEFT INSIDE CHOP	FRONT STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
3	1	TURN RIGHT 270°(back leg), LEFT DOWN BLOCK	FRONT STANCE
	2	STEP FORWARD, RIGHT CENTER BLOCK	FRONT STANCE
4	3	TURN RIGHT 180°, RIGHT DOWN BLOCK	FRONT STANCE
	4	STEP FORWARD, LEFT CENTER BLOCK	FRONT STANCE

**CHOON BI (LEFT FOOT TO RIGHT FOOT)
ATTENTION, BOW**

PALGUE FORM II

(Pal-Gwe Ee-Chang)

ACTION SINGLE CHOON BI

1	1	TURN LEFT 90°, RIGHT INSIDE CENTER BLOCK LEFT HIGH BLOCK COMBINATION	FRONT STANCE
	2	RIGHT FRONT SNAP KICK, STEP FORWARD, RIGHT CENTER PUNCH COMBINATION	FRONT STANCE
2	3	TURN RIGHT 180°, LEFT INSIDE CENTER BLOCK RIGHT HIGH BLOCK COMBINATION	FRONT STANCE
	4	LEFT FRONT SNAP KICK, STEP FORWARD, LEFT CENTER PUNCH COMBINATION	FRONT STANCE
3	1	TURN LEFT 90°, LEFT DOUBLE KNIFE LOW	BACK STANCE
	2	STEP FORWARD, RIGHT DOUBLE KNIFE HIGH	BACK STANCE
	3	STEP FORWARD, LEFT HIGH BLOCK	FRONT STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
4	1	TURN RIGHT 270°(back leg), RIGHT INSIDE CENTER BLOCK, LEFT HIGH BLOCK COMBINATION	FRONT STANCE
	2	RIGHT FRONT SNAP KICK, STEP FORWARD, RIGHT CENTER PUNCH COMBINATION	FRONT STANCE
1	3	TURN RIGHT 180°, LEFT INSIDE CENTER BLOCK RIGHT HIGH BLOCK COMBINATION	FRONT STANCE
	4	LEFT FRONT SNAP KICK, STEP FORWARD, LEFT CENTER PUNCH COMBINATION	FRONT STANCE
2	1	TURN LEFT 90°, LEFT DOUBLE DOWN BLOCK	BACK STANCE
	2	STEP FORWARD, RIGHT DOUBLE CENTER BLOCK	BACK STANCE
	3	STEP FORWARD, LEFT INSIDE BLOCK	BACK STANCE
	4	STEP FORWARD, RIGHT CENTER PUNCH (KIAI)	FRONT STANCE
3	1	TURN RIGHT 270°(back leg), RIGHT INSIDE CENTER BLOCK, LEFT HIGH BLOCK COMBINATION	FRONT STANCE
	2	RIGHT FRONT SNAP KICK, STEP FORWARD, RIGHT CENTER PUNCH COMBINATION	FRONT STANCE
4	3	TURN RIGHT 180°, LEFT INSIDE CENTER BLOCK RIGHT HIGH BLOCK COMBINATION	FRONT STANCE
	4	LEFT FRONT SNAP KICK, STEP FORWARD, LEFT CENTER PUNCH COMBINATION	FRONT STANCE

CHOON BI (LEFT FOOT TO RIGHT FOOT)

ATTENTION, BOW



Test Preparation Sheet



Name: _____

To prepare for your next test, please fill out this sheet. There are three sections. Section A should be filled out as soon as you receive this sheet. Section B can be done at any time up to your test. Section C should be done some time after your test, depending on the questions (i.e. Goals as the target date passes).

Turn this sheet into your Instructor for evaluation. This will help us get to know you better, help you meet your goals, and assist you on your path to Black Belt.

Section A (Complete this section now)

- a. What is your current belt level? _____
- b. What is your next belt level? _____
- c. When is your next test target date? _____
- d. What is your Most Favorite kick? _____
- e. What is your Least Favorite kick? _____
- f. What is your Most Favorite form? _____
- g. What is your Least Favorite form? _____
- h. What is your weakest point in martial arts? _____
- i. What is your strongest point in martial arts? _____
- j. Which other student do you look up to the most?

- k. Which other student looks up to you the most?

- l. What are the goals you want to complete before your next test?
Target Date: ___/___/___ :: _____



Test Preparation Sheet



Section B (Complete this section any time before your test)

- a. Did you complete your next test goals (Question A.1)? _____
If No, then why not? _____

- b. What are the goals you want to complete in the next six months?
Target Date: ___/___/___ :: _____

- c. What are the goals you want to complete in the next year?
Target Date: ___/___/___ :: _____

- d. Who were the Instructors that you learned from since your last test?

Section C (Complete this section any time after your test)

- a. Did you complete your six month goals (Question B.b)? _____
If No, then why not? _____

- b. Did you complete your one year goals (Question B.c)? _____
If No, then why not? _____

Instructor Comments

Name: _____

300 Forms Club

Overview: The goal of the 300 Forms Club is to perform each of your testing forms 300 times each in the 2 months leading up to your test for your new belt. If you perform your forms 300 times each, for three belt levels in a row, you will have performed your forms over 1000 times (counting the practice in class). If you do anything a 1000 times, you will be much better, stronger and faster.

Rules: Forms must be done outside of class, forms in class do not count toward the 300. Present the completed form to your Instructor before testing to be recognized as a 300 Forms Club member at the Promotion Ceremony.

Rewards: You will get a 300 Forms Club Trophy at the next Promotion Ceremony, a Certificate and Your Name on the school's 300 Forms Club Plaque.

Testing Eligibility: In order to be eligible for your next test you must complete your top 3 forms 100 times each. Use the gray section to mark your progress before your next test.

Student Name: _____ **Inst Ini:** _____

Belt Level: _____

Start Date: _____ **Test Date:** _____

Form:

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300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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Form:

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300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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Form:

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300	00000 00000 00000 00000 00000 00000 00000 00000 00000 00000 00000
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Signatures

Student: _____
 Parent: _____
 Instructor: _____

By signing this form I confirm that the # of forms completed above are accurate and were completed separate from those in class.