

Yellow Belt Curriculum (8th Grade / 8th Kup)

FUNDAMENTAL STRIPE REQUIREMENTS

- 👊 L-Stance Middle Knife-hand Guarding Block
- 👊 Walking Stance High Obverse Punch
- 👊 L-Stance Twin Forearm Block
- 👊 Walking Stance Outer Forearm Rising Block
- 👊 L-Stance Middle Knife-hand Side Strike
- 👊 Continuous Motion

KICKING STRIPE REQUIREMENTS

- 👊 Double Turning Kick (from an L-Stance Middle Forearm Guarding Block)
- 👊 Double Side Piercing Kick (from an L-Stance Middle Forearm Guarding Block)
- 👊 Reverse Hooking Kick (from an L-Stance Middle Forearm Guarding Block)
- * *These kicks must be performed from the front leg AND the rear leg*
- 👊 Jumping Front Snap Kick (from an L-Stance Middle Forearm Guarding Block)
- * *this kick should be performed with two foot take off AND scissor motion*
- 👊 Reverse Hooking Kick & Turning Kick
(perform both kicks with the same leg without putting it down between - from front or rear leg)
- 👊 Reverse Hooking Kick & Side Piercing Kick
(perform both kicks with the same leg without putting it down between - from front leg)

PATTERN STRIPE REQUIREMENTS

- 👊 Dan-Gun Tul (Pattern Dan-Gun)

SPARRING STRIPE REQUIREMENTS

- 👊 3-Step Sparring #5
- 👊 3-Step Sparring #6
- 👊 Moving Drill #3: Shifting (*Shifting forward and backward*)
- 👊 Shift Forward & Backward using Side Piercing Kick & 2-Punches
(front leg kick followed by front hand and then back hand)
- 👊 Semi-Free Sparring Drill

SELF-DEFENSE STRIPE REQUIREMENTS

- 👊 Wrist lock #1 - Release from a front grab
(*opponent's grab is hidden and the opponent's palm is facing towards himself*)
- 👊 Wrist lock #2 - Release from a front grab
(*opponent's grab is exposed and the opponent's palm is facing Sideways or downwards*)
- * *These releases should not stop until the opponent is on the floor and are no longer a threat.*
- 👊 Front Breakfall - from a standing position
- 👊 Side Breakfall (both sides) - from a standing position

BREAKING REQUIREMENTS

- 👊 Side Piercing Kick (Stepping Motion)
- 👊 Side Fist Downward Strike