

YELLOW BELT STUDY SHEET

Each student should be training at this level for 12-Weeks. Please note that 12-weeks is a minimum time (not maximum). The amount of time needed to advance depends on three things:

- 1) The ability to understand and properly perform the movements, exercises or techniques
- 2) The number of training sessions attended over the time period
- 3) If the instructor believes you are ready and grants permission for you to attend the testing

We recommend each student to train at least 2 time per week with a maximum of 4 times a week. The Promotion Testing to achieve the next level is comprised of three parts:

- A) The Written Test
- B) The Physical Test
- C) The Technical Test

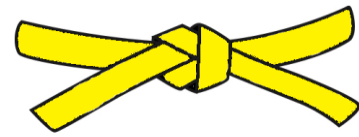
There is a fee of \$50 for this Promotion Test

PLEASE NOTE:

- **As a Yellow Belt (8th Grade)** you should prepare yourself that you should start looking at ordering sparring gear. In order to attend the Intermediate Classes (Green Stripe to Blue Stripe) you must have it. *Average cost of sparring gear is between \$200 & \$250.*
- **Before you can grade for the Green Belt**, you will need to participate in both a competition and a seminar! Our school hosts a tournament as well as various seminars throughout the year. If you miss these events, there are other options hosted by other schools.

PHYSICAL TEST REQUIREMENTS

- 5 Minutes of Running / Jogging
- 5 Minutes of Skipping (Jump Rope)
- 20 Push ups
- 20 Sit ups
- 20 Squats
- 15 Speed Kicks Front Kicks (each leg)
- 15 Speed Turning Kicks (each leg)
- 15 Speed Side Piercing Kicks (each leg)



FUNDAMENTAL MOVEMENTS:

Stances:

Attention Stance	(learned at White Belt)
Parallel Stance / Parallel Ready Stance	(learned at White Belt)
Walking Stance / Walking Ready Stance	(learned at White Belt)
L-Stance / L-Ready Stance	(new for Yellow Stripe)
Sitting Stance / Sitting Ready Stance	(new for Yellow Stripe)

Hand Movements:

Parallel Stance Middle Punch	(learned at White Belt)
Walking Stance Middle Obverse Punch	(learned at White Belt)
Walking Stance Low Forearm Block	(learned at White Belt)
Walking Stance Low Knife-hand Block	(learned at White Belt)
Walking Stance Middle Inner Forearm Block	(learned at White Belt)
Walking Stance Middle Reverse Punch	(learned at White Belt)
Sitting Stance Middle Punch	(learned at Yellow Stripe)
L-Stance Middle Reverse Punch	(learned at Yellow Stripe)
L-Stance Middle Inner Forearm Block	(learned at Yellow Stripe)
L-Stance Middle Forearm Guarding Block	(learned at Yellow Stripe)
L-Stance Middle Knife-hand Guarding Block	(new for Yellow Belts)
Walking Stance High Obverse Punch	(new for Yellow Belts)
L-Stance Twin Forearm Block	(new for Yellow Belts)
Walking Stance Outer Forearm Rising Block	(new for Yellow Belts)
L-Stance Middle Knife-hand Side Strike	(new for Yellow Belts)
Walking Stance High Reverse Punch	(new for Yellow Belts)

Type of Motions:

Continuous Motion	(new for Yellow Belts)
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Foot Techniques:

Front Rising Kick & Side Rising Kick	(learned at White Belt)
Outward & Inward Crescent Kick	(learned at White Belt)
Front Snap Kick	(learned at White Belt)
Downward Kick	(learned at Yellow Stripe)
Turning Kick	(learned at Yellow Stripe)
Side Piercing Kick	(learned at Yellow Stripe)
Reverse Hooking Kick	(new for Yellow Belts)
Jumping Front Snap Kick	(new for Yellow Belts)
Double Turning Kick	(new for Yellow Belts)
Double Side Piercing Kick	(new for Yellow Belts)

PATTERN REQUIREMENTS:

Patterns / Pattern Exercises:

Saju Jirugi	(Four Direction Punch – 14 movements total / 7 movements per side)
Saju Makgi	(Four Direction Block – 16 movements total / 8 movements per side)
Chon-Ji Tul	(Pattern Chon-Ji – 19 movements)
Dan-Gun Tul	(Pattern Dan-Gun – 21 movements)

SPARRING REQUIREMENTS:

Step Sparring:

3-Step Sparring #1	(Attack with Middle Obverse Punch / Defend with Middle Inner Forearm Block)
3-Step Sparring #2	(Attack with Low Front Snap Kick / Defend with Low Forearm Block)
3-Step Sparring #3	(Attack with L-Stance Punch / Defend with L-Stance Inner Forearm Block)
3-Step Sparring #4	(Attack with L-Stance Punch / Defend with L-Stance Forearm Guarding Block)
3-Step Sparring #5	(Attack with Middle Turning Kick / Defend with Knife-hand Guarding Block)
3-Step Sparring #6	(Attack with High Obverse Punch / Defend with Outer Forearm Rising Block)

Sparring Drills / Sparring Exercises:

Sparring Stance & Switch	(create a comfortable sparring stance & practice switching legs quickly)
Sparring Stance & Single Step	(sparring stance & step forward & backward switching sides each time)
Sparring Stance & Double Step	(sparring stance & double step forward & backward – remain on same side)
2-Punches & Front Snap Kick	(combo of 2 punches -front hand & rear hand then a rear leg front snap kick)
2-Punches & Turning Kick	(combo of 2 punches -front hand & rear hand then a rear leg turning kick)
2-Punches & Downward Kick	(combo of 2 punches -front hand & rear hand then a rear leg downward kick)
Side Piercing Kick & 2-Punches	(combo of a lead leg attack and then perform 2-punches)
Defensive Side Kick Drill	(evading an attack from the opponent and countering using side piercing kick)
Semi-Free Sparring -kicking	(react right away with a kick each time the opponent tries to kick you)

SELF-DEFENSE REQUIREMENTS:

Self-Defense Requirements:

Front, Back & Side Break falls	(perform from standing position – landing correctly to avoid injury)
Wrist Releases	(must learn release from cross grab, straight grab release & double arm grab)
Neck Releases	(must learn how to break hold & prevent hold)
Wrist Lock #1	(opponent's palm facing upwards – grabbing the front part of the shirt)
Wrist Lock #2	(opponent's palm facing downwards – grabbing the shoulder area of the shirt)

BOARD BREAKING REQUIREMENTS:

Power Breaking Only:

Side Piercing Kick # of boards & size of board will vary**

Downward Palm Strike # of boards & size of board will vary**

*- candidates must perform both with right and left legs.

** - depending on size (height & weight) as well as physical challenges/limits, the number of boards may vary per person.

Oral Test / Written Test Questions:

Below are subject points that can be asked either on the written test as well as on the oral test:

- Meaning of White Belt
- Meaning of Yellow Belt
- Meaning of Chon-Ji Tul
- Meaning of Dan-Gun Tul
- What is continuous motion
- What is a rising motion

All the answers to the above bullet points are on the following page!

Please do not wait to study until the last moment.

MEANING OF BELT COLORS

The White Belt Meaning

White symbolizes innocence as that of a beginner student who has no previous knowledge of Taekwon-Do.

The Yellow Belt Meaning

Yellow signifies the earth as the plant sprouts and takes root as the Taekwon-Do foundation is being laid.

MEANING OF PATTERNS

Meaning of Chon-Ji Tul

Chon-Ji means literally "The Heaven, The Earth". It is, in the orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the heaven and the other, the earth.

The Meaning of Dan-Gun Tul

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

What is Continuous Motion?

Continuous Motion is when two or more movements are joined continuously by the breath. In the case of the Pattern Dan-Gun, movements #13 & #14 are performed in a Continuous motion. There are 2-sinewave motions, 2-separate movements with 2-exhales while in a continuous motion and only 1-breath.

What is a "Rising Motion"?

Rising motion (ie: Rising Kick, Rising Block) is when the movement travels upward and passes higher than the eye level. When you are performing Rising Block – you should stop with the inside of the arm approximately 7cm (2.5 inches) over the fore head. When you are performing a Rising Kick – the goal is to get the leg as high as possible above the eye level.

-- PLEASE TAKE NOTICE --

All students are still be required to study the knowledge / oral test material from the previous levels. Students will most likely be asked various questions from the white belt and yellow stripe levels.

The steps for Dan-Gun Tul are on the next page!

DIRECTIONS FOR PATTERN DAN-GUN

Start: Parallel Ready Stance Facing D (*D represents the front or forward position*)

1. Move the left foot to B, forming a right L-Stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
Movement name: L-Stance Middle Knife-hand Guarding Block
2. Move the right foot to B, forming a right Walking Stance toward B while executing a high punch to B with the right fist.
Movement name: Walking Stance High Obverse Punch
3. Move the right foot to A, turning clockwise to form a left L-Stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
Movement name: L-Stance Middle Knife-hand Guarding Block
4. Move the left foot to A, forming a left Walking Stance toward A while executing a high punch to A with the left fist.
Movement name: Walking Stance High Obverse Punch
5. Move the left foot to D, forming a left Walking Stance toward D while executing a low block to D with the left forearm.
Movement name: Walking Stance Low Outer Forearm Block
6. Move the right foot to D, forming a right Walking Stance toward D while executing a high punch to D with the right fist.
Movement name: Walking Stance High Obverse Punch
7. Move the left foot to D, forming a left Walking Stance toward D, at the same time executing a high punch to D with the left fist.
Movement name: Walking Stance High Obverse Punch
8. Move the right foot to D, forming a right Walking Stance toward D while executing a high punch to D with the right fist.
Movement name: Walking Stance High Obverse Punch

9. Move the left foot to E, turning counter clockwise to form a right L-Stance toward E while executing a twin forearm block to E.
Movement name: L-Stance Twin Forearm Block

10. Move the right foot to E, forming a right Walking Stance toward E while executing a high punch to E with the right fist.
Movement name: Walking Stance High Obverse Punch

11. Move the right foot to F, turning clockwise to form a left L-Stance toward F while executing a twin forearm block to F.
Movement name: L-Stance Twin Forearm Block

12. Move the left foot to F, forming a left Walking Stance toward F, at the same time executing a high punch to F with the left fist.
Movement name: Walking Stance High Obverse Punch

13. Move the left foot to C, forming a left Walking Stance toward C while executing a low block to C with the left forearm.
Movement name: Walking Stance Low Outer Forearm Block

14. Execute a rising block with the left forearm, maintaining the left Walking Stance toward C.
Movement name: Walking Stance Outer Forearm Rising Block

Perform 13 and 14 in a continuous motion
(please reference oral test questions to understand this motion)

15. Move the right foot to C, forming a right Walking Stance toward C, at the same time executing a rising block with the right forearm.
Movement name: Walking Stance Outer Forearm Rising Block

16. Move the left foot to C, forming a left Walking Stance toward C while executing a rising block with the left forearm.
Movement name: Walking Stance Outer Forearm Rising Block

17. Move the right foot to C, forming a right Walking Stance toward C, at the same time executing a rising block with the right forearm.

Movement name: Walking Stance Outer Forearm Rising Block

18. Move the left foot to B, turning counter clockwise to form a right L-Stance toward B while executing a middle outward strike to B with the left knife-hand.

Movement name: L-Stance Middle Knife-hand Side Strike

19. Move the right foot to B, forming a right Walking Stance toward B while executing a high punch to B with the right fist.

Movement name: Walking Stance High Obverse Punch

20. Move the right foot to A, turning clockwise to form a left L-Stance toward A while executing a middle outward strike to A with the right knife-hand.

Movement name: L-Stance Middle Knife-hand Side Strike

21. Move the left foot to A, forming a left Walking Stance toward A, at the same time executing a high punch to A with the left fist.

Movement name: Walking Stance High Obverse Punch

End of Pattern: Bring the left foot back to a ready posture.