

## **YELLOW STRIPE 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**

### **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	(new for Yellow Stripe)
L-Stance Middle Reverse Punch	(new for Yellow Stripe)
L-Stance Middle Inner Forearm Block	(new for Yellow Stripe)
L-Stance Middle Forearm Guarding Block	(new for Yellow Stripe)

**Foot Techniques:**

Front Rising Kick	(learned at White Belt)
Outward Crescent Kick	(learned at White Belt)
Inward Crescent Kick	(learned at White Belt)
Side Rising Kick	(learned at White Belt)
Front Snap Kick	(learned at White Belt)
Downward Kick	(new for Yellow Stripe)
Turning Kick	(new for Yellow Stripe)
Side Piercing Kick	(new for Yellow Stripe)

**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 total / 2 parts to the pattern)

**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)

**Sparring Drills / Sparring Exercises:**

Sparring Stance & Switch	(create a comfortable sparring stance & practice switching legs quickly)
Sparring Stance & Single Step	(create a comfortable sparring stance & move stepping forward & backward)
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)

## SELF-DEFENSE REQUIREMENTS:

### Self-Defense Requirements:

Front & Back Break fall	(perform from squatting position – landing on the forearms and palms)
Side Break fall	(perform from squatting position – fall back, striking the palms to the mat)
Wrist Releases	(must learn release from cross grab, straight grab release & double arm grab)
Front Choke Release & Counter	(must learn how to break hold & prevent hold)

### Oral Test Questions:

The meaning of Taekwon-Do?	("Tae" means foot, "kwon" means hand or fist, "do" means art or "the way")
The birthday of Taekwon-Do?	(April 11, 1955)
The Founder of Taekwon-Do?	(General Choi Hong Hi)
Student Oath of Taekwon-Do?	(see below)
Tenets of Taekwon-Do?	(see below)
Meaning of White Belt?	(see below)
Meaning of Chon-Ji Tul	(see below)

### **The Student Oath**

I shall observe the tenets of Taekwon-Do  
 Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit  
 I shall respect my instructors and seniors  
 I shall never misuse Taekwon-Do  
 I shall be a champion of freedom and justice  
 I shall build a more peaceful world

### **The White Belt**

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

### **Korean Numbers**

1-Hana	2-Dool	3-Set	4-Net	5-Dasot
6-Yosot	7-Ilgop	8-Yodul	9-Ahop	10-Yol

### **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.

\* Children 7 years old and under only need to learn the underlined parts of Chon-Ji

\*\* Children 8 to 10 only need to recite the highlighted sections. Ages 11 & Up recite the whole paragraph

## **DIRECTIONS FOR PATTERN CHON-JI (*Chon-Ji Tul*)**

Start: Parallel Ready Stance Facing D

1. Move the left foot to B forming a left Walking Stance toward B while executing a low block to B with the left forearm.  
Movement name: Walking Stance Low Outer Forearm Block
2. Move the right foot to B forming a right Walking Stance toward B while executing a middle punch to B with the right fist.  
Movement name: Walking Stance Middle Obverse Punch
3. Move the right foot to A, turning clockwise to form a right Walking Stance toward A while executing a low block to A with the right forearm.  
Movement name: Walking Stance Low Outer Forearm Block
4. Move the left foot to A forming a left Walking Stance toward A while executing a middle punch to A with the left fist.  
Movement name: Walking Stance Middle 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 middle punch to D with the right fist.  
Movement name: Walking Stance Middle Obverse Punch
7. Move the right foot to C turning clockwise to form a right Walking Stance toward C while executing a low block to C with the right forearm.  
Movement name: Walking Stance Low Outer Forearm Block
8. Move the left foot to C forming a left Walking Stance toward C while executing a middle punch to C with the left fist.  
Movement name: Walking Stance Middle Obverse Punch

9. Move the left foot to A forming a right L-Stance toward A while executing a middle block to A with the left inner forearm.  
Movement name: L-Stance Middle Inner Forearm Block
10. Move the right foot to A forming a right Walking Stance toward A while executing a middle punch to A with the right fist.  
Movement name: Walking Stance Middle Obverse Punch
11. Move the right foot to B turning clockwise to form a left L-Stance toward B while executing a middle block to B with the right inner forearm.  
Movement name: L-Stance Middle Inner Forearm Block
12. Move the left foot to B forming a left Walking Stance toward B while executing a middle punch to B with the left fist.  
Movement name: Walking Stance Middle Obverse Punch
13. Move the left foot to C forming a right L-Stance toward C while executing a middle block to C with the left inner forearm.  
Movement name: L-Stance Middle Inner Forearm Block
14. Move the right foot to C forming a right Walking Stance toward C while executing a middle punch to C with the right fist.  
Movement name: Walking Stance Middle Obverse Punch
15. Move the right foot to D turning clockwise to form a left L-Stance toward D while executing a middle block to D with the right inner forearm.  
Movement name: L-Stance Middle Inner Forearm Block
16. Move the left foot to D forming a left Walking Stance toward D while executing a middle punch to D with the left fist.  
Movement name: Walking Stance Middle Obverse Punch
17. Move the right foot to D forming a right Walking Stance toward D while executing a middle punch to D with the right fist.  
Movement name: Walking Stance Middle Obverse Punch

18. Move the right foot to C forming a left Walking Stance toward D while executing a middle punch to D with the left fist.

Movement name: Walking Stance Middle Obverse Punch

19. Move the left foot to C forming a right Walking Stance toward D while executing a middle punch to D with the right fist.

Movement name: Walking Stance Middle Obverse Punch

After completing the punch, recite "CHON-JI"

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