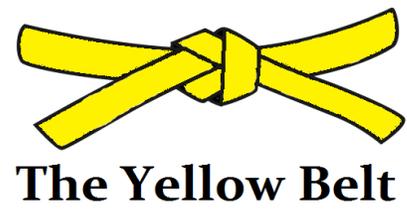
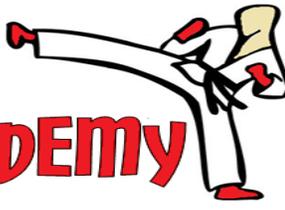


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The Yellow Belt

YELLOW BELT STUDY SHEET

Each student should be training at this level for approximately 3-Months. 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

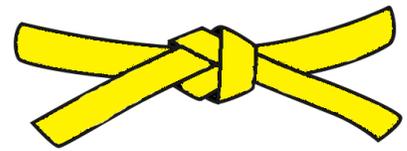
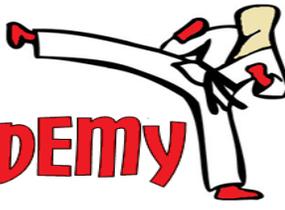
Now that you have achieved Yellow belt, you should be advised of some upcoming requirements:

- When you become Green Stripe, you will need to purchase Sparring Safety Gear. You must purchase your gear through the school in order to ensure you are using the ITF approved gear for safety.
- 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.
- Once you have achieved the level of Green Belt, you will be required to register with the National Association (Original Taekwon-Do Federation America). It is an annual fee (paid in January every year).

PHYSICAL TEST REQUIREMENTS

- 5 minutes of running laps
- 5 minutes of skipping
- 20 push ups / 20 sit ups / 20 squats
- 12 Speed Kicks on each leg (front kick / turning kick / side kick)

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The Yellow Belt

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)

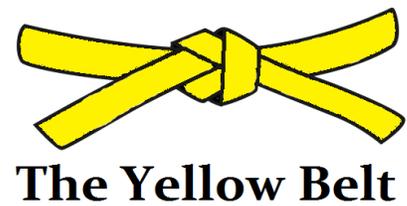
Hand Movements:

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)

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	(learned at Yellow Stripe)
Turning Kick	(learned at Yellow Stripe)
Side Piercing Kick	(learned at Yellow Stripe)
Reverse Hooking Kick	(new for Yellow Belts)

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The Yellow Belt

Types of Motions:

Continuous Motion

(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 / 2 parts to the pattern)
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)

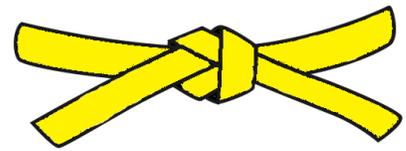
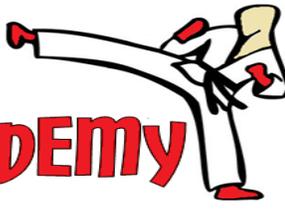
Previous Sparring Drills / Sparring Exercises:

Sparring Stance & Switch	(create a comfortable sparring stance & practice switching legs quickly)
Sparring Stance & Stepping	(create a comfortable sparring stance & move stepping forward & backward)
Switching Front Snap Kick	(Perform a front snap kick with rear leg while switching stances)
Switching Turning Kick	(Perform a turning kick with rear leg while switching stances)
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)

New Sparring Drills / Sparring Exercises:

Sparring Stance & Double Step	(create a comfortable sparring stance & double step forward & backward)
Offensive Side Kick Drill	(moving in to attack the opponent while using side piercing kick)
Defensive Side Kick Drill	(evading an attack from the opponent and countering using side piercing kick)
Semi-Free Sparring (1-kick)	(reaction type sparring – each player throws one kick at a time)
Semi-Free Sparring (2-kicks)	(reaction type sparring – each player throws two kicks, once each leg)
Semi-Free Sparring (3-kicks)	(reaction type sparring – each player throws three kicks, at least once each leg)

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The Yellow Belt

SELF-DEFENSE REQUIREMENTS:

Self-Defense Requirements:

Front & Back Break fall	(perform from standing position – landing correctly to avoid injury)
Side Break fall	(perform from standing position – fall back, striking the palms to the mat)
Wrist Releases	(must learn release from cross grab, straight grab release & double arm grab)
Neck Releases	(must learn how to break hold & prevent hold)
Front Grab Release	(must learn how to control the wrist and release the hold)

Oral Test Questions:

Meaning of Yellow Belt?	(see below)
Meaning of Dan-Gun Tul	(see below)
What is continuous motion	(see below)

The Yellow Belt

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

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.

-- 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.