

HALF YELLOW BELT CURRICULUM



HALF YELLOW BELT

THE PHYSICAL TEST

Running 9 Laps around the big ring
10- Jumping Lunges (Walking Stances)
9 - Proper Push ups (from belly on floor)
9 - Proper Sit Ups (instructor holds ankles)
9 - Proper Squats

THE TECHNICAL TEST

Sitting Stance Middle Punch
L-Stance Middle Obverse Punch
L-Stance Middle Inner Forearm Block
L-Stance Middle Forearm Guarding Block
Downward Kick
Combo - 2-Punches & Downward Kick
** kick is performed with the rear leg*

THE ORAL TEST

Count from 1 to 5 in Korean

YELLOW STRIPES

THE PHYSICAL TEST

Running 10 Laps around the big ring
12- Jumping Lunges (Walking Stances)
10 - Proper Push ups (from belly on floor)
10 - Proper Sit Ups (instructor holds ankles)
10 - Proper Squats

THE TECHNICAL TEST

Turning Kick (from front leg)
Turning Kick (from rear leg)
Pattern Chon-Ji (first 4 movements)
Combo - 2-Punches & Turning Kick
** kick is performed with the rear leg*

THE ORAL TEST

Count from 1 to 10 in Korean

GREEN STRIPES

THE PHYSICAL TEST

Running 11 Laps around the big ring
15- Jumping Lunges (Walking Stances)
11 - Proper Push ups (from belly on floor)
11 - Proper Sit Ups (instructor holds ankles)
11 - Proper Squats

THE TECHNICAL TEST

Pattern Chon-Ji (first 8 movements)
Three Step Sparring #3
Defend against an attempted Choke
Front Break Fall
Back Break Fall

THE ORAL TEST

The meaning of White Belt