

### STRIPE TESTING GUIDE FOR YELLOW BELT (08TH KUP) STUDENTS

### STRIPE #1 -FUNDAMENTALS

#### HAND FUNDAMENTALS

I L-Stance Middle Knife-hand Guarding Block I Walking Stance High Obverse Punch I L-Stance Twin Forearm Block UWalking Stance Outer Forearm Rising Block I L-Stance Middle Knife-hand Side Strike Continuous Motion **FOOT FUNDAMENTALS** 

- Double Turning Kick\*
- Double Side Piercing Kick\*
- Reverse Hooking Kick\*
- I Jumping Front Snap Kick\*\*

Above are the funamental exercises for a student to earn the first stripe at Yellow Belt (8th Kup)

In order to pass the fundamental stripe, the student should also be able to demonstrate higher level of power, accuracy, with a sense of realism as well as demonstrating a proper sinewave.

As you move higher into the levels of Taekwon-Do, it is important that you learn to relax and breath properly (not only at the end of each motion - but during the movement as well),

# STRIPE #2 -PATTERNS / STEP SPARRING

PATTERNS / FORMS **CHON-JI TUL** (Pattern Chon-Ji) 19-Movements **DAN-GUN TUL** (Pattern Dan-Gun) 21-Movements

#### **STEP SPARRING**

□ 3-Step Sparring #5 (with partner)

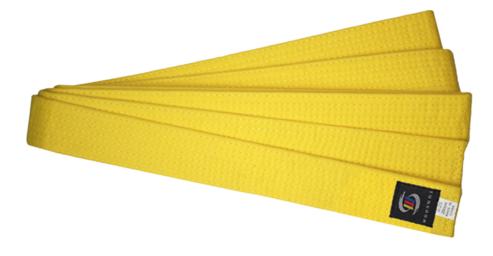
□ 3-Step Sparring #6 (with partner)

Patterns and Step Sparring Stripe is about taking the attack and defense techniques you learned in Fundamentals and placing them into a "memorized" choreographed routine.

In order to pass this stripe, the student must perform Chon-Ji Tul (the yellow stripe pattern) as well as Dan-Gun Tul (the pattern of yellow belt).

You will need to learn both the attack and defense sections of 3-step sparring #5 & #6. PLUS - this time will be completed with a partner

Remember that you should know all the patterns and step sparring from white belt when you show up to rank testing.



## STRIPE #3 -SPARRING / SELF-DEFENSE

### <u>SPARRING / SPARRING DRILLS</u>

I Move Drill #3: Shifting Combo: Shift back, Kick & 2-Punches\* \*the combos must be completed with Side Kick and Reverse Hooking kicks Semi-Free Sparring\*\* \*\* Sparring gear is required for this exercise

### **SELF-DEFENSE**

O Wrist Lock #1 (release from front grab)

- □ Wrist Lock #2 (release from front grab)
- I Front Breakfall (standing position)
- Side Breakfall (standing position)

<u>In this Stripe Testing...</u> you will require Sparring Gear. We require all students of Warrior Code Taekwon-Do Academy to purchase their gear through us for 2-reasons.

1) It is part of our insurance policy (so we know which company manufactered the gear & what standards it adheres to).

2) We only use the top rated gear (safety rating).

Learning and mastering the breakfalls will be an important part to this testing as the self-defense units are going to be more challenging at Green Stripe (where the opponent will end up on the floor).