

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



### STRIPE #1 - FUNDAMENTALS

#### HAND FUNDAMENTALS

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

#### FOOT FUNDAMENTALS

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

*Above are the fundamental 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

#### SPARRING / SPARRING DRILLS

- 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

- Wrist Lock #1 (release from front grab)
- Wrist Lock #2 (release from front grab)
- Front Breakfall (standing position)
- Side Breakfall (standing position)

***In this Stripe Testing... 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 manufactured 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).*