

STRIPE TESTING GUIDE FOR YELLOW STRIPE (09TH KUP) STUDENTS



STRIPE #1 - FUNDAMENTALS

HAND FUNDAMENTALS

- Sitting Stance Middle Punch
- L-Stance Middle Reverse Punch
- L-Stance Middle Inner Forearm Block
- L-Stance Middle Forearm Guarding Block

FOOT FUNDAMENTALS

- Downward Kick
- Front leg - Turning Kick
- Rear leg - Turning Kick
- Front leg - Side Piercing Kick
- Rear leg - Side Piercing Kick

Fundamentals are important because they are the backbone of the physical aspect of the martial art.

In order to pass the fundamental stripe, the student must be able to perform every technique listed above. Please check for updates on BAND (our communication app) for when Fundamentals will be practiced in the regular classes.

Please ensure that you have practiced all the techniques with one of our amazing team members.

STRIPE #2 - PATTERNS / STEP SPARRING

PATTERNS / FORMS

- SAJU MAKGI (Four Direction Block)
16-Movements (8-per side)
- CHON-JI TUL (Pattern Chon-Ji)
19-Movements (2-parts to this pattern)

STEP SPARRING

- 3-Step Sparring #3
- 3-Step Sparring #4

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 both sides of Saju Makgi (learned at the White Belt Level) as well as Chon-Ji Tul (Pattern Chon-Ji) which is being taught to Yellow Stripes.

You will need to learn both the attack and defense sections of 3-step sparring #3 & #4.

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 #2: Double Stepping Motion
- Combo: 2-Punches & Turning Kick
- Combo: Side Kick & 2-Punches

SELF-DEFENSE

- Stop an attempted Front Choke
- Release from actual Front Choke
- Front Breakfall (squatted position)
- Side Breakfall (squatted position)

Sparring is the application of attack and defense techniques gained from Fundamentals and Patterns against actual moving opponent or opponents under various situations. In this unit we will be teaching you some movements (positioning) as well as some combinations.

Self-Defense is the overall goal from the physical aspect of Taekwon-Do. In the white belt unit you will be only learning some basic skills - which include learning how to fall while lower the risk of injury.

Once you achieve your Yellow Belt, make sure you are prepared to purchase your SPARRING GEAR - which will be ordered through Warrior Code.