

YELLOW BELT

(Testing Yellow to Orange)

Physical Requirements:

- 1) KICKS
 - A) Axe kick
 - B) High roundhouse kick
 - C) Inside crescent kick
 - D) Outside crescent kick
 - E) All previous kicks

- 2) HAND TECHNIQUES
 - A) Reverse middle inner block
 - B) Reverse middle punch
 - C) Low punch
 - D) All previous hand techniques

- 3) STANCES
 - A) Walking stance
 - B) All previous stances

- 4) FORM
 - A) Taegeuk Il Jang
 - B) All previous forms (Adults Only)

- 5) SELF-DEFENSE (ADULTS ONLY)

Know the five areas of the body, from the neck down, that are most susceptible to strikes and pressure. Demonstrate via "Walk the Body" or be able to identify body parts and potential strikes orally.

 - A) Solar Plexus
 - B) Finger
 - C) Groin
 - D) Knee
 - E) Ankle/Foot

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Mental Requirements:

- 1) WHAT IS THE TAEKWONDO OATH?
 - I will observe the Tenets of Taekwondo
 - I will respect my instructors and seniors
 - I will never misuse Taekwondo
 - I will help build a more peaceful world
 - I will be a champion of freedom and justice

- 2) WHY DO KIEHAP (YELL) IN TAEKWONDO?
 - To develop spiritual strength with concentration, power, and confidence. SIR/MA'AM!

- 3) WHY DO YOU BELT TEST?
 - To demonstrate our knowledge and preparation of Taekwondo. To gain confidence by performing under pressure and to let a qualified judge determine the increase in our knowledge. SIR/MA'AM!

- 4) WHAT IS THE MEANING OF THE YELLOW BELT?
 - The yellow signifies sunrise – opening to receive knowledge. SIR/MA'AM!

- 5) WHAT IS THE MEANING OF TAEGEUK IL JANG?
 - The first Taegeuk form signifies heaven and light. SIR/MA'AM!

- 6) COUNT FROM 6 TO 10 IN KOREAN
 - One – Hana
 - Two – Dule
 - Three – Set
 - Four – Net
 - Five – Dasot
 - Six – Yosot
 - Seven – Il gob
 - Eight – Yo dul
 - Nine – Ahop
 - Ten – Yul

- 7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
 - Axe Kick – Back of the heel
 - High roundhouse kick – Instep (top)
 - Inside crescent kick – Inside edge of the foot
 - Outside crescent kick – Outside edge of the foot

- 8) WHAT ARE THE RULES OF THE DOJANG?
(see introduction section of the manual, page 8)

- 9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

- 10) All previous mental requirements

Tae Geuk Il Jang

