



## \*Yellow Belt

- 1) Kicks
  - a) Axe kick
  - b) Inside crescent
  - c) Outside crescent
  - d) Jumping front kick
- 2) Strikes
  - a) Hammer fist
  - b) Back fist
  - c) Elbow
- 3) Stances
  - a) Walking stance
- 4) Self Defense
  - a) Collar grabs - escapes and take downs
- 5) Strength test - 10 push ups - good form
- 6) Board Breaking - Axe Kick
- 7) Form - Taegeuk Il Jang
- 8) What is the Taekwondo Oath?
  - a) I will observe the Tenets of Taekwondo.
  - b) I will respect my instructors and seniors
  - c) I will never misuse Taekwondo.
  - d) I will help build a more peaceful world
  - e) I will be a champion of freedom and justice.
- 9) Why do we Kihap (yell) in Taekwondo?
  - a) To develop spiritual strength with concentration, power and confidence.
- 10) Why do we belt test?
  - a) 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.
- 11) What is the meaning of the yellow belt?
  - a) The yellow belt signifies sunrise- opening to receive knowledge.
- 12) What is the meaning of Taegeuk Il Jang?
  - a) The first Taegeuk form signifies heaven and light.
- 13) Count 11-20 in Korean
  - a) Eleven - Yul hana
  - b) Twelve - Yul dule
  - c) Thirteen - Yul set
  - d) Fourteen - Yul net
  - e) Fifteen - Yul dasot
  - f) Sixteen - Yul yosot
  - g) Seventeen - Yul il gob
  - h) Eighteen - yul yo dul
  - i) Nineteen - Yul ahop
  - j) Twenty - Sumul

\*Must remember all previous Kicks, Blocks, Strikes, Stances, Self Defense and Form