

YELLOW BELT



SELF-DEFENSE

REQUIRED FOR TESTING

SELF-DEFENSE "A" NO. 7-10

WORK ON IN CLASS

1. NATURAL BLOCK ESCAPES AND GRABS
2. ESCAPES FROM GRABS #1-#3



BASICS

1. HORSE STANCE, SIDE PUNCH [START RIGHT]
2. 'L' STANCE, MIDDLE KNIFEHAND BLOCK [START LEFT]
3. 'L' STANCE, INSIDE FOREARM BLOCK [START LEFT]
4. 'L' STANCE, OUTSIDE FOREARM BLOCK [START LEFT]
5. FRONT STANCE, SLIDE TO 'L' STANCE [START LEFT]
6. MUST BE ABLE TO PROPERLY TIE YOUR OWN BELT



SPORT COMBINATIONS AND DRILLS

KICK COMBINATIONS:

1. OUTSIDE TO INSIDE CRESCENT, STEP BEHIND SIDEKICK, BACK KICK
2. BACK KICK, BACK LEG ROUNDHOUSE, FRONT LEG SCISSOR KICK

SPORT COMBINATIONS:

OFFENSE:

1. STEP IN FRONT, FRONT LEG ROUNDHOUSE, TURN BACKFIST, REVERSE PUNCH, BACK LEG ROUNDHOUSE
2. BACKFIST, BACK KICK, REVERSE PUNCH, BACK LEG ROUNDHOUSE

DEFENSE

1. TUCK, TURN BACK KICK

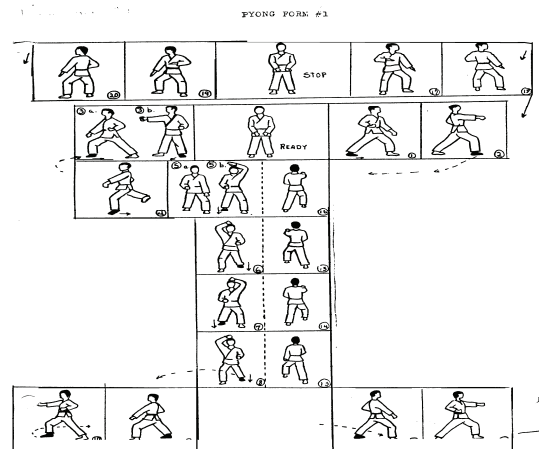
HAND:

1. CIRCLE STEP, FRONT HAND LOW-HIGH HOOK PUNCH



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND PYONG I



OTHER

1. THEORY STEP POWER, SPEED ON DELIVERY
2. ORAL QUESTIONS
3. SPARRING FREE SPARRING AND HAND DRILLS WITH PADS
4. ATTITUDE
5. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [NONE]
6. TEST FEE \$25.00

7. WRITTEN THE TENANTS OF TAE KWON DO CHOOSE ONE

- ** COURTESY
- ** PERSEVERANCE
- ** INDOMITABLE SPIRIT
- ** INTEGRITY
- ** SELF-CONTROL

8. BREAKING [CHOOSE ONE]

- ** SIDE KICK
- ** STOMP KICK