

YELLOW STRIPE



SELF-DEFENSE

REQUIRED FOR TESTING

1. OPEN ESCAPES FROM GRABS #1-#5
2. LEVEL #1



WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE
2. OPEN ESCAPES FROM SELF-DEFENSE "A"



BASICS

1. FRONT STANCE, 9 SHAPE BLOCK [START LEFT]
2. FRONT STANCE, SPEAR HAND THRUST [START RIGHT]
3. FRONT STANCE, SPREAD BLOCK, KNEE STRIKE, STEP BACK, DOUBLE NATURAL BLOCK [START LEFT]
4. 'X' STANCE [START LEFT]



SPORT COMBINATIONS AND DRILLS

KICK COMBINATIONS

1. Back Leg Low-High, Roundhouse, Step Behind Hook Kick
2. Butterfly Kick

SPORT COMBINATIONS OFFENSE

1. Shuffle Roundhouse, 1-2 Punch [Stepping], Back-Turning Hook Kick
2. Reverse Punch, Jab, [No Step] Front Leg Roundhouse, Back Kick, Reverse Punch

DEFENSE

1. Reverse Block, Front Hand Hook Punch, [No Step] Front Leg Side Kick, Skip Side Kick

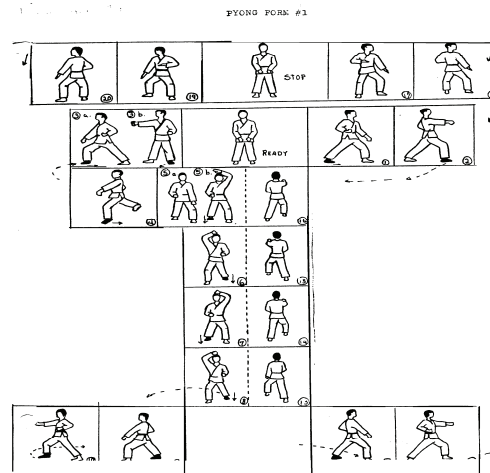
HAND

1. Front Ridge Hand, Front Back Fist, Reverse Punch, Circle Step Front Hook Punch



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND BUNKAI FOR PYONG I



OTHER

1. THEORY FOCUS, RANGE AND DISTANCE
2. ORAL QUESTIONS
3. SPARRING FREE SPARRING AND HAND DRILLS WITH PADS
4. ATTITUDE
5. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [2 MONTHS]
6. TEST FEE \$20.00

7. WRITTEN THE "ADVANTAGES OF TAE KWON DO" [CHOOSE ONE OR MORE]
 - ** EXERCISE WITH A PURPOSE
 - ** SELF-DEFENSE
 - ** RAPE PREVENTION
 - ** MENTAL STRENGTH
 - ** FLEXIBILITY
 - ** DETERMINATION
 - ** COORDINATION
 - ** PHYSICAL STRENGTH
 - ** SELF-CONTROL
 - ** SELF AWARENESS
 - ** WEIGHT CONTROL
8. BREAKING [CHOOSE ONE]
 - ** FRONT KICK
 - ** HOOK KICK
 - ** STOMP KICK [KIDS]