

YELLOW BELT CURRICULUM

The color of the rising sun. Seeds the ground to begin to germinate to grow.

STRIPES	MEANING	CURRICULUM
WHITE	SELF DEFENSE	Shoulder Stop. Defense from 1 handed Grab (hands up)
GOLD	PAD DRILL	proper slip, proper b&w, proper cover. DRILL - jchc slip slip bw bw
GREEN	HOME HELP	Turn in Home Help. 2 push ups
BLUE	FORMS	Basics Form - strong stances
BROWN	VERBAL JUDO	Introduce yourself to white belt & MUSHIN
RED	SPARRING	back fist slide up side kick
BLACK	KICKS	BREAK - AX KICK Work on ax, front, round and Crescent

BASIC FORM #1

1. Left front stance – low block, outside block, high block, inside block
2. Ready position (joon bi)
3. Right front stance – low block, outside block, high block, inside block
4. Ready position
5. Right Back Stance - knife hand guarding, knife hand strike
6. Ready position
7. Left Back stance – Knife hand guarding, Knife hand Strike
8. Ready position
9. Step L into Horse stance – 3 slow motion punches (LRL) / 1 Fast / 2 fast / 3 fast - Kihap

TERMINOLOGY

Taekwondo means - The way (art) of hand and foot fighting.

Attention - Charyut ("Chari-yut")

Bow - Kyungnet

Ready - Joon Bi

Begin - Sijak

Taekwondo School/Studio - Dojang

Yell - Kihap ("Kee-yah-p")

<i>hanah</i>	1	<i>yasot</i>	6
<i>dool</i>	2	<i>ilgop</i>	7
<i>set</i>	3	<i>yadol</i>	8
<i>net</i>	4	<i>ahop</i>	9
<i>dasot</i>	5	<i>yool</i>	10

NEEDED TO BELT TESTS

12 classes - 14 Stripes

the stripe on the right side means we covered in class

the stripe on the left side means you are ready to test

at least 2 months

Belt fee

Letter of Recommendation