



# Yellow Belt

## Adult's

## Requirements:

---

*New Techniques from White Belt*  
*Also Responsible for all Material Previous Learnt*

**Stances:**

Back Stance

**Hand Techniques:**

Blocks:

Single Knife Hand Block

Hammer Block

**Kicks:**

Side Kick

**Kicking Combinations:**

Roundhouse Step up Side Kick

**Forms:**

Chun Ji – Heaven & Earth

**Self Defense:**

A1-A5

**Other Skills:**

No Contact Sparring

Moving Basics

Turning to the open belt side

(in both front stance & back stance)

**Breaking:**

1 Board – Choice of Technique

**Korean Language and Related Trivia:**

What is a Form?

What are we doing when we do a form?

Count 1-10 in Korean

1- Hana

2 - Dool

3 - Sett

4 - Nett

5 - Dah Suht

6 - Yuh Suht

7 - Ill Gope

8 - Yuh Duhl

9 - Ah Hope

10 - Yuhl