

YELLOW BELT REQUIREMENTS

STANCES	WALKING STANCE					
BLOCKS	HIGH BLOCK	OUTSIDE BLOCK	INSIDE BLOCK	LOW BLOCK		
PUNCHES/STRIKES	HAMMER PUNCH		ELBOW #1		ELBOW #2	
KICKS	SNAP KICK		ROUNDHOUSE TO HEAD		STEP BEHIND SIDE KICK	
STRIKE DEFENSE	<i>*SEE STRIKE DEFENSE SHEET</i>					
GRAB DEFENSE	<i>*SEE GRAB DEFENSE SHEET</i>					
TAKEDOWNS	JUDO TAKEDOWN					
GROUND ESCAPE	PIN ESCAPE					
WEAPON DEFENSE	OVERHEAD STICK DEFENSE					
SPARRING	SPARRING WITH GEAR. NO HEADSHOTS					
FORM	YELLOW BELT FORM					
	TAEGUEK IL JANG					

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