

BELT REQUIREMENT

YELLOW TO YELLOW/BLACK

QUESTIONS	ANSWERS
WHAT RANK AND BELT IS MASTER PATRICK	
WHAT DOES "JUN BI" MEAN	
WHAT DOES "SHI JAK" MEAN	
COUNT TO 10 IN KOREAN	
SCHOOL RULES # 7 & 8	
WHAT DOES MODESTY MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	10
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE
PUNCHES	JAB, REVERSE PUNCH, HAMMER PUNCH , ELBOW STRIKES 1-7
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK
KICKS	PUSH KICK, SNAP KICK, 45° ROUNDHOUSE, STEP TOGETHER SIDE KICK, KNEE STRIKE , 90° ROUND HOUSE KICK, STEP BEHIND SIDE KICK
SELF-DEFENSE	YELLOW BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, TAEGUEK IL JANG (FIRST 12 MOVES)

**The information contained in this guide is confidential and proprietary to Iron Fist Martial Arts, LLC, its affiliates, and its students.*

**No part of this guide may be distributed or disclosed in any form to any third party without written permission of Iron Fist Martial Arts, LLC.*