

YELLOW BELT REQUIREMENTS

STANCES	ALL PREVIOUS BELT STANCES			WALKING STANCE		
BLOCKS	HIGH BLOCK	OUTSIDE BLOCK	INSIDE BLOCK	LOW BLOCK		
PUNCHES/STRIKES	HAMMER PUNCH		FRONT AND REAR ELBOW STRIKES		ELBOW SMASH	
KICKS	SNAP KICK		ROUNDHOUSE TO HEAD		STEP BEHIND SIDE KICK	
STRIKE DEFENSE	<i>*SEE STRIKE DEFENSE SHEET</i>					
TAKEDOWNS	FALL BREAK		SHOULDER ROLL			
SPARRING	SPARRING WITH GEAR KICKS TO BODY & OPEN HAND TO SIDE OF HEAD					
FORM	(YELLOW/WHITE TO YELLOW) TAEGUEK IL JANG MOVES 1-6		(YELLOW TO YELLOW/BLACK) TAEGUEK IL JANG MOVES 1-12		(YELLOW/BLACK TO PURPLE/WHITE) TAEGUEK IL JANG MOVES 1-18	

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