

BELT REQUIREMENT

YELLOW/WHITE TO YELLOW

QUESTIONS	ANSWERS
WHAT IS UNIFORM IN KOREAN	
WHAT DOES "KYUNG YE" MEAN	
WHAT DOES "CHA RYUT" MEAN	
COUNT TO 10 IN KOREAN	
SCHOOL RULES # 5 & 6	
WHAT DOES DISCIPLINE 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 6 MOVES)

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