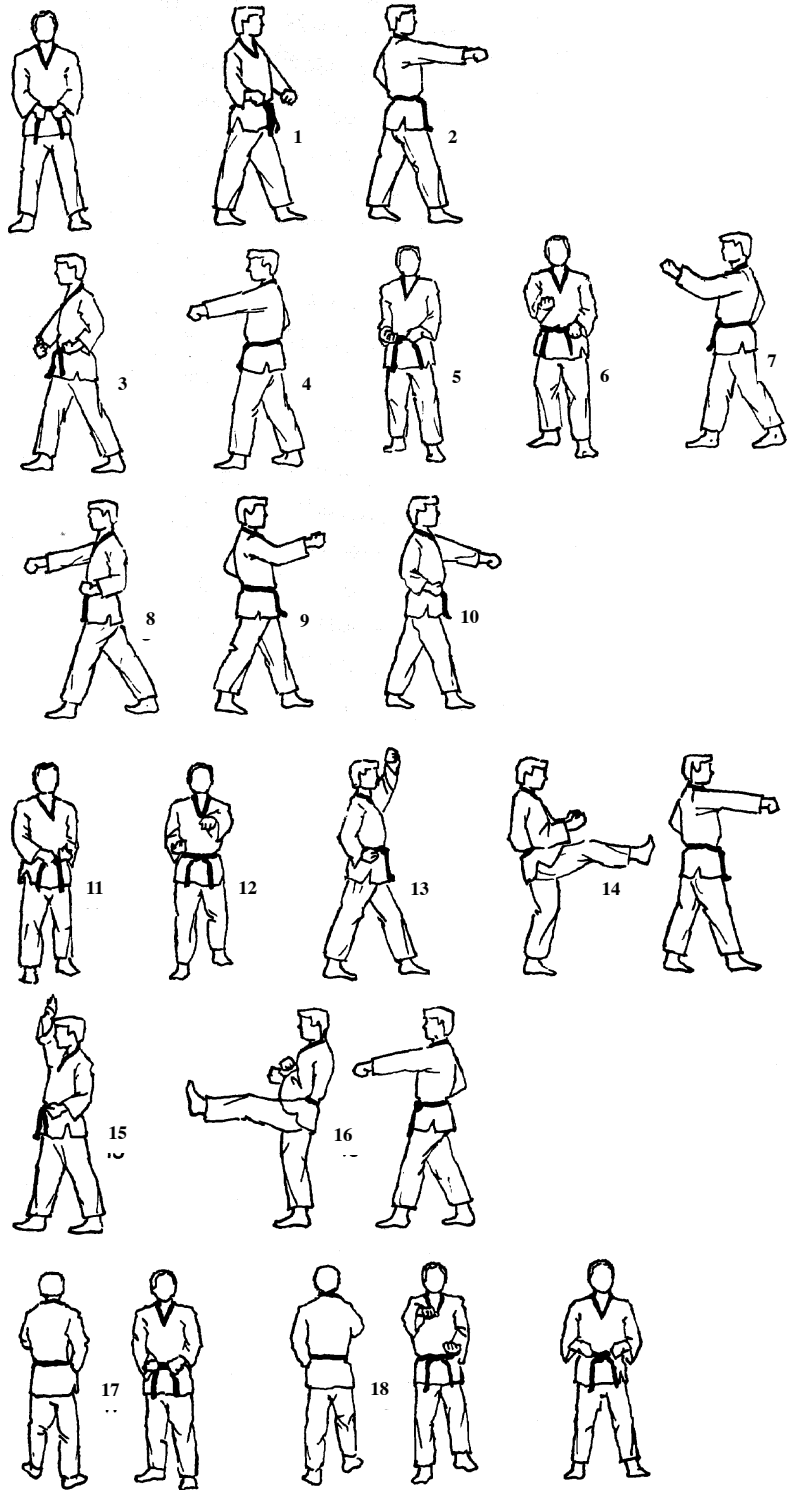
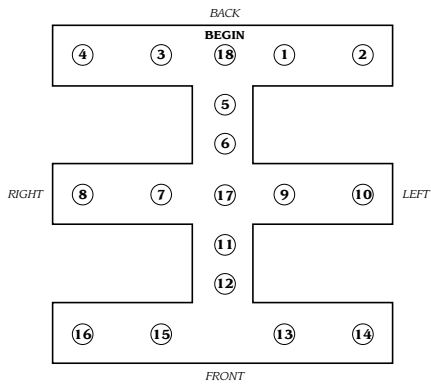


BELT TEST REQUIREMENTS

Yellow Belt

1. FORM: “Taegeuk Il Jang”
2. BASIC STANCES & HAND TECHNIQUES:
 - A) Stances: Walking Stance and Front Stance
 - B) Blocks:
 1. Low Block
 2. Middle Block
 3. High Block
3. KICKS: Fighting Stance
 - A) Crescent Kick to the Outside
 - B) Crescent Kick to the Inside
 - C) High Roundhouse
 - D) Axe Kick
4. QUESTIONS: All information given on the white - yellow belt question sheets

Tae Geuk Il Jang



Yellow Belt Questions

1. Why do you yell in Taekwondo?
To develop spiritual strength with concentration, power, and confidence. SIR/MAAM!
2. When do you bow?
 - We bow when we enter the dojang
 - We bow when we exit the dojang
 - We bow to the master Instructor anywhere we see him
 - We bow to higher belts and fellow Taekwondo students anytime or any where we meet them
3. Why do you belt test?
To test our knowledge and preparation of Taekwondo. To gain confidence by performing under pressure and to let a qualified judge determine the increase in our knowledge. SIR/MAAM!
4. What is the meaning of the yellow belt?
The yellow belt signifies sunrise – opening to receive knowledge, SIR/MAAM!
5. What is the meaning of Taegeuk Il Jang?
The first Taegeuk form – signifies Heaven and Light.
6. How do you count 6-10 in Korean?
 - Six – “Yosot”
 - Seven – “Ilgo”
 - Eight – “Yodule”
 - Nine – “Ahop”
 - Ten – “Yul”