

YELLOW BELT

(Testing Yellow to Orange)

Physical Requirements:

- 1) KICKS
 - A) Axe kick
 - B) High roundhouse kick
 - C) Inside crescent kick
 - D) Outside crescent kick
 - E) All previous kicks

- 2) HAND TECHNIQUES
 - A) Reverse middle inner block
 - B) Reverse middle punch
 - C) All previous hand techniques

- 3) STANCES
 - A) Walking stance
 - B) All previous stances

- 4) FORM
 - A) Taegeuk Il Jang
 - B) All previous forms (Adults Only)

- 5) SELF-DEFENSE (ADULTS ONLY)

The theme for the yellow belt self-defense is how to escape and counter from single hand wrist grabs

 - A) Straight arm grab (right on left/left on right)
 - i) On the hand that is being grabbed, turn the hand so the palm is facing up. Reach underneath with the free hand, grab the attacker's hand and pull down. Rotate the hand that was being grabbed to the back of the attacker's hand. With both hands, rotate the attacker's wrist to the outside of your body while pushing the hand towards him/her. If done correctly, the wrist can be broken.
 - ii) Rotate the hand that is being grabbed towards the outside. At the top of the rotation (by your head) grab the back of the attacker's hand with your free hand. Step in placing the elbow on top of the attacker's arm and press down. When done correctly you can break the wrist, elbow, or shoulder depending on where you apply pressure.

 - B) Cross hand grab (right on right/left on left)
 - i) Rotate the hand that is being grabbed from inside to outside grabbing the attacker's wrist. With the free hand, press down on the shoulder of the attacker (the arm he/she is grabbing with) and press down while lifting the wrist up. When done correctly you can break the wrist, elbow, or shoulder depending on where you apply pressure.

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Mental Requirements:

- 1) WHAT IS THE TAEKWONDO OATH?
 - I will observe the Tenets of Taekwondo
 - I will respect my instructors and seniors
 - I will never misuse Taekwondo
 - I will help build a more peaceful world
 - I will be a champion of freedom and justice

- 2) WHY DO KIEHAP (YELL) IN TAEKWONDO?
 - To develop spiritual strength with concentration, power, and confidence. SIR/MA'AM!

- 3) WHY DO YOU BELT TEST?
 - To demonstrate 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/MA'AM!

- 4) WHAT IS THE MEANING OF THE YELLOW BELT?
 - The yellow signifies sunrise – opening to receive knowledge. SIR/MA'AM!

- 5) WHAT IS THE MEANING OF TAEGEUK IL JANG?
 - The first Taegeuk form signifies heaven and light. SIR/MA'AM!

- 6) COUNT FROM 6 TO 10 IN KOREAN
 - Six – Yosot
 - Seven – Il gob
 - Eight – Yo dul
 - Nine – Ahop
 - Ten – Yul

- 7) All previous mental requirements

Tae Geuk Il Jang

