

# **CURRICULUM: RANK APPROPRIATE SKILL SUMMARY**

### **YELLOW BELT**

Anticipated interval (2 classes /week) from last promotion: Minimum time: 3 months

#### **SKILL SUMMARY:**

**Stances:** Extremely Strong Front Stance

Blocks:

Cross Blocks- Upward, Downward (from reverse position)

Strikes:

American Back Fist Traditional Back Fist

Reverse Punch (Center/High)

Kicks:

Slide Side kick Jump Side kick

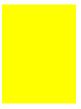
5 different three combination kicks

Forms:

Basic Form #2 (Ki cho hyung e bu)

#### **One Step Sparring:**

3 One Steps



RIGHT Outside-in block to forearm (crooked pond) into a horseback stance, grab opponents' forearm with left hand, step-in RIGHT-sided elbow strike to the temple (temporal plexus) with RIGHT while simultaneously pulling with left hand and stomping with right foot to the instep (sunken valley).

### **Sparring:**

Basic hands and feet (Light Contact)

# Breaking:

Demonstrations of breaking with two weapons (hands/elbows)

## **Self Defense:**

Lapel Grab (against wall)
Lapel Grab (off wall)
Side Arm Grab (single and dual attackers)
Escape from Side Headlock - CKM pp. 70-71
Wrist Releases - CKM pp. 72-76

#### Philosophy

### **Required Community Service**

5 hours