

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