

RANK APPROPRIATE SKILL SUMMARY

YELLOW BELT WITH BLACK TIP (2ND YELLOW)

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

SKILL SUMMARY:

Stances:	Strong Front and Back Stance (Fighting Stance) Deep Horseback Stance
Blocks:	Center Knife Hand Block Downward Knife Hand Block
Strikes:	Side Center Punch Knife Hand Chop Ridge Hand Strike
Kicks:	Lead Leg Double Round House Slide Lead Leg Round 10 different three kick combinations
Forms:	Basic Form # 3 (Ki cho hyung sam bu) Introduce concept of Shuhari Form
One-Step Sparring:	5 One Steps
Sparring:	Improved hand / foot combinations, distancing
Breaking:	Demonstration of two weapon breaks: hand and foot breaking
Self Defense:	Escape from the Choke (Front, Behind, Side, w/ Push)— <i>CKM</i> pp. 60-69 Choke from Front and Behind Against Wall - <i>CKM</i> pp. 124 and 125 Air and Blood Choke application (Front) Application of Rear Naked Choke Headlock from Behind (Arm Bar)- <i>CKM</i> pp. 128-129 Headlock from Behind (Carotid Choke)- <i>CKM</i> pp. 130-131
Role Playing:	Continued progress in Role Playing Student demonstrates 3-6 of the “12 Ways” fluently. <i>WIEAPM</i> pp. 59-67