YELLOW BELT
(Testing Yellow to Orange)

Physical Requirements:
1) ATTENDANCE
   A) Minimum of 20 classes

2) HAND TECHNIQUES
   A) Reverse inside middle block
   B) Reverse middle punch
   C) Low punch
   D) All previous hand techniques

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

4) KICKING SEQUENCES
   A) Roundhouse kick, high roundhouse kick, axe kick
   B) Roundhouse kick, high roundhouse kick, inside crescent kick

5) STANCES
   A) Walking stance
   B) All previous stances

6) FORM
   A) Taeguk II Jang
   B) All previous forms (Adults Only)

7) SELF-DEFENSE
   A) Know the five areas of the body, from the neck down, that are most susceptible to strikes and pressure.
      A) Solar Plexus
      B) Finger
      C) Groin
      D) Knee
      E) Ankle/Foot
   B) All previous self defense techniques
BELT TEST REQUIREMENTS

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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 YOU 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
   • One – Hana
   • Two – Dule
   • Three – Set
   • Four – Net
   • Five – Dasot
   • Six – Yosot
   • Seven – Il gob
   • Eight – Yo dul
   • Nine – Ahop
   • Ten – Yul

7) KOREAN TERMINOLOGY
   • Axe kick – Tchigo Chaggie
   • High roundhouse kick – Dolio Chaggie
   • Inside crescent kick – An Chaggie
   • Outside crescent kick – Bacat Chaggie

8) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK.
   • Axe kick – Back of the heel
   • High roundhouse kick – Instep (top)
   • Inside crescent kick – Inside edge of the foot
   • Outside crescent kick – Outside edge of the foot

9) WHAT ARE THE RULES OF THE DOJANG?
   (see introduction section of the manual, page 7)
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Mental Requirements Continued:
10) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

11) ALL PREVIOUS MENTAL REQUIREMENTS