



PARK'S WORLD TAE KWON DO

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YELLOW BELT REQUIREMENTS **<Yellow belt to Orange belt>**

- 1. BASIC STANCES**
- 2. TEN BASIC MOTIONS**
- 3. FORWARD HANDS TECHNIQUE**
- 3. TEN STEP**
- 5. FORWARD KICKING COMBINATION**
- 6. FALLING TECHNIQUE (NAK BUP)**
- 7. SELF-DEFENSE**
- 8. FORM**
- 9. THE 5 PILLARS OF TAE KWON DO**
- 10. BREAKING**
- 11. SPARRING – (One and one)**
- 12. TERMINOLOGY TEST – Please flip over**
- 13. PROMOTION QUALIFICATION**
 - 1) 2 – 2 ½ months & up to 12 classes**
 - 2) Instructor's approval**

YELLOW BELT EDUCATION GUIDE

1. BELT MEANING

- Purity and infancy in martial arts.
The student must develop fundamental skills and discipline.

2. TERMINOLOGY

ENGLISH

Attention
Bow
Ready
Return
Begin

KOREAN

Cha ryot
Kyung ye
Joon be
Bar ro
Shi jak

3. What do you have to do before entering the do jang(workout area)?

- Kneel at the edge and wait to be recognized.
Then bow to the flag, the instructor(s), and senior belts.

4.

STUDENT CREED

We commit ourselves to mental and physical discipline.
To be friends with one another and to develop strength within our
group. We shall never fight to achieve selfish goals. To
develop wisdom and character are our ultimate
commitments. UNITE FOR RIGHT, SIR!