

## **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) Taegeuk Il 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

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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

**Taegeuk Il Jang**

