WHITE TIGER MARTIAL ARTS

Yellow Belt

Requirements:
16 Class credits
Stripes: Yellow, Black and Green (Children 13 and under)

Techniques:
Form: Beck-Ho Poomsae #2
Kicking: Side kick
Breaking: Ax Kick
Self-Defense

Vocabulary: all answers must be followed with "sir"

Ready stance: Joon-bee
Attention: Char-rut
Kicking Stance: Bal-chagee joon-bee
Form: Poom-sae

Knowledge:
Meaning of Yellow Belt?
Yellow belt signifies the first beam of sunlight which shines upon the seed giving it new strength with the beginning of new life. A Yellow belt student is given their first ray of knowledge, opening their mind, Sir!

Counting Numbers:

Home Rules: Age 13 & under
Numbers 1-8