

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:

- | | | | | |
|-----------|------------|-----------|----------|-----------|
| 1. Ha-nah | 2. Dool | 3. Set | 4. Net | 5. Da-sut |
| 6. Yu-sut | 7. Eel-gop | 8. Yu-dul | 9. A-hop | 10. Yul |

Home Rules: Age 13 & under

Numbers 1-8