

YELLOW BELT

Techniques

1. All lower belt techniques.
2. Knife-hand guarding block.
3. Step behind side kick.
4. Front turning kick
5. Inward knife-hand strike
6. Twin forearm block
7. Low block/rising block combination

Three Step Sparring

Review 1-4

5. Guarding block with a punch defense (forward = L; backward = L)
6. Rising block with a punch defense (forward = walking; backward = walking)
7. Low block/rising block with a punch defense (forward = W; backward = W)

One Step Self Defense

Review 1-5

6. Jump right forward into sitting stance; left knife-hand block and right high-section inward knife-hand strike combination.
7. Stationary inward palm block; slide forward into "L" with right elbow strike.
8. Jump right forward into sitting stance; left knife-hand block and right high-section punch combination; step forward left while grabbing opponent's right wrist and right shoulder; right foot sweep; right reverse punch with yell.

Sparring Combinations

Review 1-4

8. Double Punch - Crescent Kick
9. Double Punch - Reverse Crescent Kick
10. Double Punch - Rear Leg Front Turning Kick
11. Double Punch - Ax Kick

Pattern

1. All lower belt patterns
2. Dan Gun



YELLOW BELT

Vocabulary

1. Dan Gun is named after the Holy Dan Gun. The legendary founder of Korea in 2333 B.C. 21 movements.
2. Yellow belt signifies the Earth from which the plant sprouts and takes root as the Taekwon-Do foundation is being laid.
3. Instructor: Sabum Nim
4. Belt: Dhee
5. Founder of Taekwon-Do: General Choi, Hong Hi
6. The written history of Taekwon-Do.

What to expect from this belt:

This is most often a very fun belt for children and adults. The first significant belt color change, beginning take downs, and the addition of light contact sparring make these the most “action packed” classes since the student’s first white belt class. There are no real hang-ups for children at this level, they get to wear sparring gear and a new belt and they are no longer the lowest ranks in class. *Adults, on the other hand, can have hang-ups with take downs and sparring. Children don’t mind falling, they do it all the time, but as we get older we mind it more and more. The way to get through take downs is to do them slowly and to allow yourself the Perseverance to begin to trust your classmates. Sparring can cause distress for adults who are not excited about the prospects of being hit or hitting someone else. The most important thing to remember, regarding sparring, is that it is not about aggression, it is about self-defense and confidence building. Equally, sparring is a challenge for EVERYONE to learn, some need to focus more on Indomitable Spirit (meaning making light contact) and others need to focus more on Self Control (meaning making ONLY light contact).*

Mr. B's
TaeKwon Do



YELLOW BELT

History of Taekwon-Do, Condensed

November 9th, 1918 General Choi Hong Hi was born in Korea.

April 11, 1955 saw the christening of Taekwon-Do when General Choi after exhaustive researching, developing and experimenting, proclaimed Taekwon-Do to the world as a completely valid and unique martial art having a basic Korean origin. To this ancient art, General Choi refined, renewed, and re-organized it into a different set of techniques to which he proudly gave the name Taekwon-Do.

In March 1959, General Choi led the Republic of Korea Taekwon-Do team on a demonstration of power and intriguing techniques to the Republic of China and the Republic of Vietnam thereby enhancing Korea's national esteem as well as paving the way for the adoption of Taekwon-Do as a special part of the military training of both countries.

In 1965 General Choi received approval, by a vote of the Cabinet, from the South Korean Government to declare Taekwon-Do as Korea's National Martial Art. Then he led the Taekwon-Do goodwill mission on a demonstration tour of Europe, the Middle East, Africa and Asia.

March 22, 1966 General Choi founded the International Taekwon-Do Federation in Seoul, Korea with the consent of 9 countries. This was the first time that the headquarters of an international organization was established in Korea.

In 1969, General Choi was able to hold the first Asian Taekwon-Do Championships in Hong Kong. This was a significant event in that Taekwon-Do was internationally accepted as both martial art and sport.

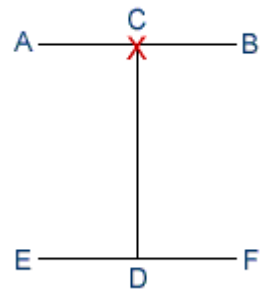
In 1974 a tremendous worldwide event took place in the city of Montreal, Canada. The result was the first World Taekwon-Do Championships. This highly successful tournament was only made possible by the devotion and dedication of General Choi who single-handedly welded together this multi-national meeting of different nationalities.

In June 1979, in Oslo, Norway, General Choi helped to form the All Europe Taekwon-Do Federation with founding members from 14 European nations including Poland, Hungary and Yugoslavia from Eastern Europe. With the founding of this federation, General Choi's vision of establishing Taekwon-Do as a worldwide non-political organization had come true.

On June 15th 2002 in Pyongyang Korea, the founder of Taekwon-Do passed away.



YELLOW BELT



Dan Gun

Yellow/8th Grade

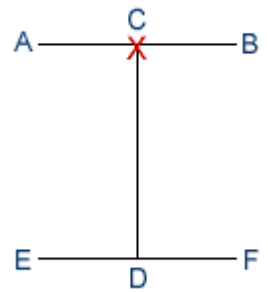
Movements: 21

Ready Posture: Parallel Ready Stance

1. Move the left foot to B forming a right L-stance toward B, at the same time executing a middle guarding block to B with a knife-hand.
2. Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
3. Move the right foot to A turning clockwise to form a left L-stance toward A, at the same time executing a middle guarding block to A with a knife-hand.
4. Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.
5. Move the left foot to D forming a left walking stance toward D while executing a low block to D with the left forearm.
6. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
7. Move the left foot to D forming a left walking stance toward D while executing a high punch to D with the left fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high punch to D with the right fist.
9. Move the left foot to E, turning counter clockwise to form a right L-stance toward E while executing a twin forearm block to E.
10. Move the right foot to E forming a right walking stance toward E while executing a high punch to E with the right fist.
11. Move the right foot to F turning clockwise to form a left L-stance toward F while executing a twin forearm block to F.



YELLOW BELT



- 12.** Move the left foot to F forming a left walking stance toward F while executing a high punch to F with the left fist.
- 13.** Move the left foot to C forming a left walking stance toward C while executing a low block to C with the left forearm.
- 14.** Execute a rising block with the left forearm, maintaining the left walking stance toward C. Perform 13 and 14 in a continuous motion.
- 15.** Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
- 16.** Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
- 17.** Move the right foot to C forming a right walking stance toward C, at the same time executing a rising block with the right forearm.
- 18.** Move the left foot to B turning counter clockwise to form a right L-stance toward B while executing a middle outward strike to B with the left knife-hand.
- 19.** Move the right foot to B forming a right walking stance toward B while executing a high punch to B with the right fist.
- 20.** Move the right foot to A turning clockwise to form a left L-stance toward A while executing a middle outward strike to A with the right knife-hand.
- 21.** Move the left foot to A forming a left walking stance toward A while executing a high punch to A with the left fist.

END: Bring the left foot back to a ready posture.

