

# Yellow Belt

## Basic Kicks

1. Straight Leg
2. In to Out
3. Out to In
4. Front
5. Snap
6. 45 Degree
7. Twist
8. Roundhouse
9. Side
10. Hook
11. Back
12. Spin Hook

## Jump Kicks

1. In to Out
2. Out to In
3. Front
4. Roundhouse
5. Side
6. Hook
7. Back

## Combination Kicks

1. *Skip Front - Side*
2. *Skip Roundhouse - Spinning Hook*
3. *Step Behind Side - Straight Back*
4. *Skip Hook - Spinning Hook*

## Blocks and Counters

### **Attacker**

1. Front punch
2. Back punch
3. Front leg front kick
4. Back leg front kick
5. Front leg side kick
6. Back leg side kick

### **Defender**

- Front outside block/back punch
- Front outside block/back punch
- Step away down block/back punch
- Step back down block/back punch
- Step away down block/back punch
- Step back down block/back punch

*You must still continue to improve:*

Tae Kyuk II Jang & white belt kicks

**Tae Kyuk Ye Jang**  
(2<sup>nd</sup> Taegeuk form)

from joonbi:

Look left, pivot right foot turning 90 degrees counter clockwise to left walking stance, left low block.

Step forward to right front stance, front punch.

Look over right shoulder, pivot on left foot turning 180 degrees to right walking stance, right low block.

Step forward to left front stance, front punch.

Look left, pivot on right foot 90 degrees counter clockwise to left walking stance, right middle outer forearm out-to-in block.

Step forward to right walking stance, left middle outer forearm out-to-in block.

Look left, pivot on right foot turning 90 degrees counter clockwise to left walking stance, left low block.

Moving forward right front kick, chamber and land in right front stance, high front punch.

Look over right shoulder, pivot on left foot turning 180 degrees clockwise to right walking stance, right low block.

Moving forward left front kick, chamber and land in left front stance, high front punch.

Look over left shoulder, pivot on right foot turning 90 degrees counter clockwise to left walking stance, left high block.

Step forward to right walking stance, right high block.

Look over left shoulder, pivot on right foot turning 270 degrees counter clockwise to left walking stance, right middle outer forearm out-to-in block.

Look over right shoulder, pivot on left foot turning 180 degrees clockwise to right walking stance, left middle outer forearm out-to-in block.

Look over left shoulder, pivot on right foot turning 90 degrees counter clockwise to left walking stance, low block.

Moving forward right front kick, chamber and land in right walking stance, front punch.

Moving forward left front kick, chamber and land in left walking stance, front punch.

Moving forward right front kick, chamber and land in right walking stance, front punch and yell.

return to joonbi: look over left shoulder; pivot on right foot turning 180 degrees counter clockwise.