

# YELLOW BELT REQUIREMENTS

## 1. Stationary Hand Techniques

- A. Single knife-hand-chop
- B. Double knife-hand-chop
- C. ^ Review white belt requirements

## 2. Stationary Kicking Techniques

- A. Front kick
- B. Jump front kick
- C. Jump roundhouse kick
- D. ^ Review white belt requirements

## 3. Sparring Drills

- A. Front kick, front kick (punch)
- B. Roundhouse kick, roundhouse kick, (punch)
- C. Sparring steps: Switch, double switch, slide up and slide back
- D. ^ Review white belt requirements

## 4. Moving Form Basics

- A. Back stance inner-form block
- B. Stepping back into front stance, (punch)
- C. ^ Review white belt requirements

## 5. Form / Pattern Information

A. Chon Ji

- 1) 19 movements
- 2) Kiap points: 17/19
- 3) Meaning: Heaven and earth
- 4) Shape: Plus sign “+”

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### 5. One-Step Sparring / Hapkido

- A. One steps: 1-3
- B. Single and double wrist grabs
- C. Single and double shoulder grabs from behind

### 6. Conditioning

- A. 10 to 15 Push-ups
- B. 10 to 15 Sit-ups
- C. Running in place/breakdown 3x to 5x