

## High Yellow Belt Requirements

### Poomsae

Taegeuk Ee jang

### One Steps

6. Right foot steps into left foot/Left foot steps forward into horse stance / Inside block fist with left hand / Circle step around Elbow Strike / Giup
7. Left foot steps into right foot / Right foot steps forward into horse stance / Knife block with left hand / Elbow strike Face / Right hand grabs shoulder / Knee to solar plexus / Giup
8. Left foot steps into right foot / Left foot steps forward into front stance / High block with left hand / Punch hook punch solar plexus / Punch backfist / Giup
9. Left foot steps into right foot / Right foot steps backward into back stance / Knife block with left hand(overhead strike) / Knife block right hand(overhead strike) / Side kick knee / Giup
10. Left foot steps into right foot / Right foot steps forward small step / Inside block with right hand / Left foot behind into front stance / Elbow solar plexus / Backfist nose / Hammer fist groin / Giup

### Hand Techniques

6. Inside block – Ahn Momtong makki
7. Reinforced (Augmented) Outside block –
8. Spear finger – Pyonsonkeut jirugi
9. High block neck attack – Jebipoom mokchigi
10. Double outside block – Sanhg Momtong Makki

### Kicking Techniques

1. Side kick – Yup chagi
2. Turn kick – Ap Dolyo chagi
3. Hammer kick - Neryo chagi

### Vocabulary

1. Start – She sjack
2. Ready position – Jun Bae
3. Finish – Balo
4. Teacher – SaBumNim
5. Master – Kwan Jang Nim