

Yellow Belt Requirements

Poomsae

Taegeuk il jang

One Steps

1. Right foot steps into left foot/Left foot steps forward into horse stance / Palm Block fist with left hand / Double punch / Giup
2. Left foot steps into right foot / Right foot steps forward into horse stance / Knife block with left hand / Solar plexus punch with right hand / Giup
3. Left foot steps into right foot / Right foot steps forward into horse stance / Knife block with left hand / Grab with left hand and pull punch / Giup
4. Left foot steps into right foot / Right foot steps forward into horse stance / Knife block with left hand / Neck attack / Reverse neck attack / Giup
5. Left foot steps into right foot / Right foot steps forward into horse stance / Outside block with left hand / Solar plexus punch / Front snap kick right leg / Giup

Hand Techniques

1. Low block – Area makki
2. High block – Olgul makki
3. Middle punch – Momtong jirugi
4. High punch – Olgul jirugi
5. Outside block – Bakkat momtong makki

Kicking Techniques

1. Front snap kick – Aup chagi
2. Inside crescent kick – Ahn Bahndall chagi
3. Outside crescent kick - Bakkat Bahndall chagi

Vocabulary

1. Thank you – Kamsahamnida
2. You're welcome – Chanmaneo
3. Uniform – Do bok
4. School – Dojang
5. Belt - Dhee