

## **Yellow Belt**

### ***Techniques***

- Apgoobi Ro Momtong Giroogi- Walking Stance Punch
- Joochoomsae Momtong Giroogi - Horse Stance Punch
- Arae Makgi - Down Block
- Momtong An-makgi - Inside Middle Block
- Apchagi - Front Kick
- Bichagi Retract - 45 degree angle kick mid section
- Dwichagi - Back Kick
- Naraechagi – double bichagi

### ***Terminology***

- Chareut – Attention
- Kyunge – Bow
- Anjo - Sit Down
- Dobok – Uniform
- Dojang - Training Place
- Shio – Relax
- Joonbi - Ready Position
- Tae – Kick
- Kwon – Punch
- Do - way we choose to live our lives
- Hana - Dasot - Counting to Five

### ***Sparring***

- Attack Bichagi - Move 45 degrees, counter front leg bichagi
- Attack Bichagi - Step Back, counter rear leg bichagi

### ***Academic***

- Provide report card showing good academic standing.
- Essay about both of the following subjects (length 2 pages double-spaced with cover page for children, 3 pages single space for adults):
  - What is Taekwondo?
  - What does "Being a good example mean?"