

## **Yellow Stripe**

### ***Techniques***

- Apgoobi Ro Momtong Giroogi- Walking Stance Punch
- Arae makgi- Down Block
- Apchagi - Front Kick
- Bichagi Retract - 45 degree angle kick mid section
- Dwichagi - Back Kick

### ***Terminology***

- Chareut - Attention
- Kyunge - Bow
- Dobok - Uniform
- Dojang - Training Place
- Tae - Kick
- Kwon - Punch
- Do - way we choose to live our lives (5 tenets)
- Hana - One
- Dool - Two
- Set - Three
- Net - Four
- Dasot - Five

### ***Sparring Techniques***

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