

Yellow Belt Promotion Exam Contents

- ❖ Student must take a minimum of 24 classes in 3 months to be eligible for promotion to the next level.

Juchum Suhgi	It has 12 basic movements; it's the most important basic skill in Tae Kwon Do. <ul style="list-style-type: none"> ○ Middle punch, Low-block, Middle-block, High-block. ○ Juchum Suhgi Chunbi: means horse back riding stance ready position.
Poomse Tae Geuk Il Jahng (Adults only)	The first TKD form that coordinates all basic blocks, punches, kicks in two basic stances through 18 movements. Poomse #1 represents sky or heaven. ✓ Key point: Learn correct differences between walking stance and front stance.
Stationary Kicks	Students will learn and be able to performing “ Front Turning Kick ” ✓ Key point: Pivot front foot before kicking, raise the knee up and then kick inward 45 degree turn(maximum angle) to the target (contact with instep)
Combinations	Students will learn and be able to performing double middle punch combined with front turning kick. ✓ Key point: Both arms should be in good guarding position, shifting shoulders with kick, lean upper body 30 degrees backward and push hip in as kick is made.
Sparring Steps (# 1 & # 2)	It is first TKD sparring step that helps students build great balance and strengthens the lower body muscles to be able to maintain all other sparring skills. It starts from kicking stance. Key point: Stay focused on the front and bend the knee gently, keep heel moving lightly up and down contacting floor as changing directions. # 1: Use front foot, quickly move front foot forward with jab punch and take it right back. # 2: Use both feet quickly move forward (skipping step) then repeat #1 motion.
Breaking	Turning kick
One Step Self Defense (Adults Only)	#3 and #4
Speech (Required written essay kids only)	We emphasize that TKD training is not just punches and kicks, it is more about building positive character, writing an essay in their own words and reciting their speech in front an audience is one of best ways to build their leadership skills, character and confidence. Key point: Please do not write an essay for your child, you can help them with spelling and sentence structure. <u>We do not need to know the Parents essay skills.</u> Children: “What is the meaning of honesty?”
Terminology & Other words	Charyut: means “Attention” Chunbi: means “Get Ready” for TKD action, both mind and body Kyongneh: means Bow, it is a part of the Korean tradition that they use in everyday life, especially parties between students and teacher for showing respect in TKD class session.