

# HIGH YELLOW BELT REQUIREMENTS

## 1. Stationary Hand Techniques

- A. Single knife-hand-chop
- B. Double knife-hand-chop
- C. Face punch
- D. Twin form block
- E. ^ Review yellow belt requirements

## 2. Stationary Kicking Techniques

- A. Inside/outside axe kick
- B. Inside/outside crescent kick
- C. Reverse jump front kick
- D. Reverse jump roundhouse kick
- E. ^ Review yellow belt requirements

## 3. Sparring Drills

- A. Forward spin punch
- B. Double switch, front kick, front kick (punch)
- C. Switch, roundhouse kick, roundhouse kick, (punch)
- D. Sparring steps: Switch, double switch, slide up and slide back
- E. ^ Review yellow belt requirements

## 4. Moving Form Basics

- A. Back stance inner-form block
- B. Back stance single knife-hand-chop
- C. Back stance double knife-hand-chop
- D. Back stance twin form-arm block
- E. Combination down block/rising block
- F. ^ Review yellow belt requirements

## 5. Form / Pattern Information

A. Dan Gun

- 1) 21 movements
- 2) Kiap points: 8/21
- 3) Meaning: Legendary founder of Korea in the year 2333 B.C.
- 4) Shape: Capital "T"

## HIGH YELLOW BELT REQUIREMENTS

### 5. One-Step Sparring / Hapkido

- A. One steps: 1-4
- B. Single and double wrist grabs
- C. Single and double shoulder grabs from behind

### 6. Conditioning

- A. 10 to 15 Push-ups
- B. 10 to 15 Sit-ups
- C. Running in place/breakdown 3x to 5x