

8TH KEUP YELLOW BELT REQUIREMENTS

The following techniques are the minimum requirement for attaining the rank of yellow belt, it may be that not all moves are requested at the grading but a student is expected to know them, and be proficient in their execution.

BLOCKS

GROIN BLOCK
CHEST BLOCK
HEAD BLOCK
MID SECTION DOUBLE KNIFE HAND

MAKKI

HANDAN MAKKI
CHUNDAN MAKKI
SANGDAN MAKKI
CHUNG DAN SUDO TEBBI MAKKI

PUNCHES / STRIKES

FRONT PUNCH
REVERSE PUNCH
HORSE RIDE PUNCH

CHIRUGI / CHIGI

AP CHIRUGI
PANDAE CHIRUGI
KIMA SEH AHP GHIRUGI

KICKS

FRONT KICK
ROUND KICK
SIDE KICK
BACK KICK
LEG SWING

CHAGI

AP CHAGI
TOLLIO CHAGI
YOP CHAGI
DWI CHA CHAGI
AP OLLIGI

ONE STEP & FREE SPARRING

NOT REQUIRED AT THIS LEVEL

ILBO TAERYON

SELF DEFENCE

WRIST RELEASE & FOLLOW UP MOVE
STRANGLE HOLD WITH WINDPIPE TWIST

PUSHUP

20 PUSHUPS AND SIT UPS

BREAKING

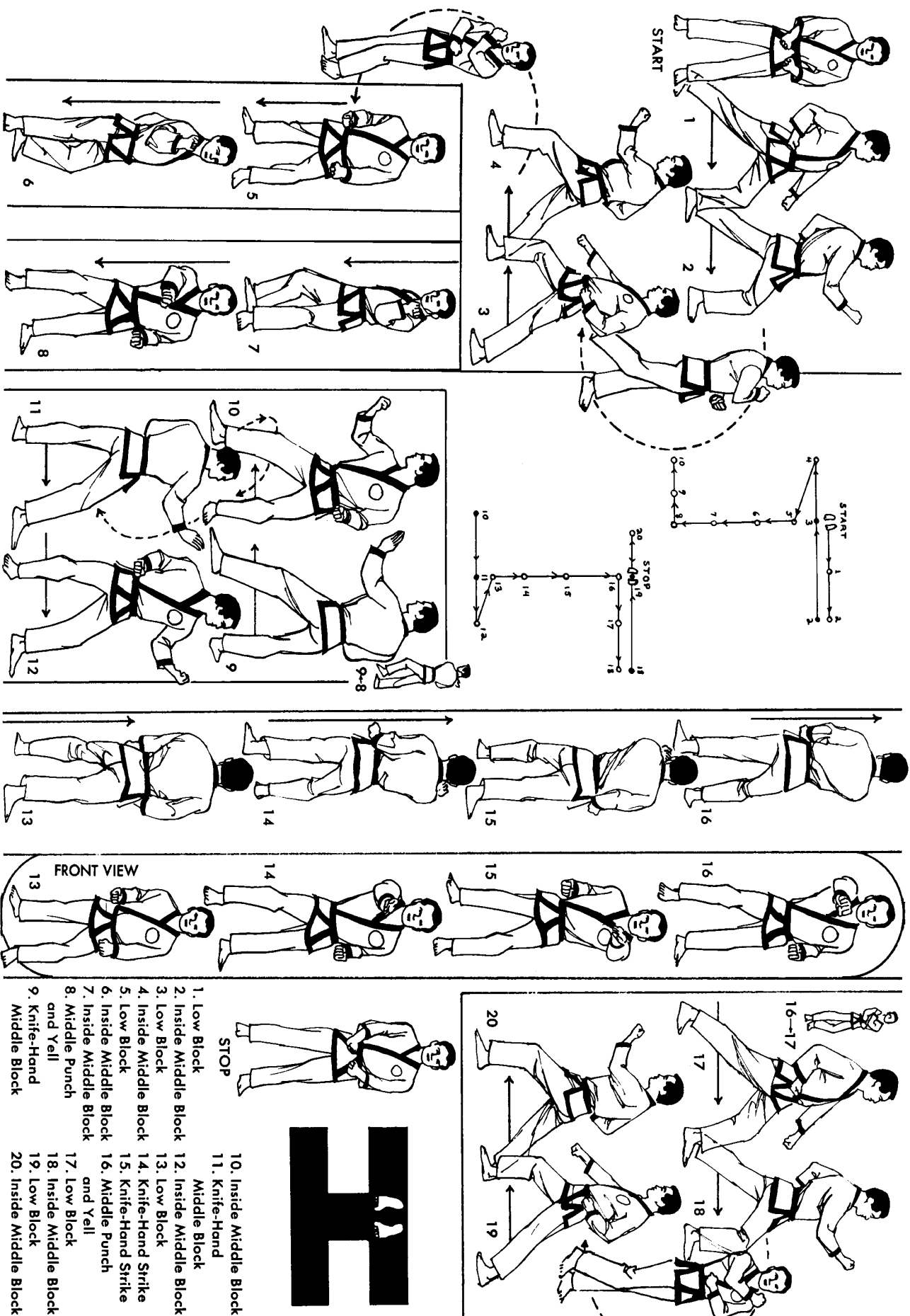
NOT REQUIRED AT THIS LEVEL



PALGWE IL JANG - HEAVEN

The tri gram associated with the first pattern is yang (heaven and light) and represents the beginning of everything, this pattern should be performed with the greatness of Heaven.

PAL-GWE 1. IL JANG



- 1. Low Block
- 2. Inside Middle Block
- 3. Low Block
- 4. Inside Middle Block
- 5. Low Block
- 6. Inside Middle Block
- 7. Inside Middle Block
- 8. Middle Punch and Yell
- 9. Knife-Hand Middle Block
- 10. Inside Middle Block
- 11. Knife-Hand Middle Block
- 12. Inside Middle Block
- 13. Low Block
- 14. Knife-Hand Strike
- 15. Knife-Hand Strike
- 16. Middle Punch and Yell
- 17. Low Block
- 18. Inside Middle Block
- 19. Low Block
- 20. Inside Middle Block

