



Testing Requirements:

Yellow Stripe Curriculum/Yellow Belt Test

Forms:

- Ki bon
- **Chun gi**

- **Fighting Stance**
- Front Stance
- **Back Stance**

Strikes:

- Mid section punch
- High section punch
- High section palm heel strike
- **Knife hand strike**

Rolls/Falls:

- Forward somersault
- Forward shoulder roll
- Back fall
- Backward shoulder roll
- **Side fall**

Kicks:

- Front stiff legged stretch
- Front snap kick
- Step behind side thrusting kick
- Roundhouse kick
- Inside crescent kick
- **Outside crescent kick**

One Step Sparring:

- Inner forearm block/double mid-section punch
- High section forearm block/double mid-section punch
- Step behind side thrusting kick
- **Front snap kick without low section wedging block**

Blocks:

- Low section block
- **Inner wrist block**

Self Defense Escapes:

- One hand wrist grab
- Two hand wrist grab
- Double wrist grab
- Choke from front
- Choke from rear
- Choke from side

Stances:

- Ready position
- Attention
- Horse Stance

- Double lapel grab
- **Hair Grab**

Knowledge:

- Bow in/Pledge
- Bow out
- **White & Yellow** belt color meaning
- 1st & 2nd components of power
- 1st & 2nd tenets of Tae Kwon Do

- Korean terms for:
 - All techniques the student is tested on
 - Training hall
 - Uniform
 - Belt
- **Meaning of Bushido**