



## Yellow Belt Curriculum

### ***Terminology:***

<b><u>English</u></b>	<b><u>Korean</u></b>
One	Ha Na
Two	Dule
Three	Set
Four	Net
Five	Da Seot
Six	Yeo Seot
Seven	Ill Gope
Eight	Yoe Duhl
Nine	Ah Hope
Ten	Yuhl

### ***Forms:***

Basic Form No.2 (KI BON YEE JANG)

### ***Kicking:***

Front Snap Kick – Ap-cha-gee  
Roundhouse – Dol-yu-cha-gee  
Axe kick – Du-ru-cheek-gee  
Side Kick – Yup-cha-gee  
Double Punch – Mon-tong-jee-ru-gee

### ***One Step Self Defence (4-6)***

4 – Turn your waist to right. Move hands to right side. Move right foot diagonally changing to horse stance. At the same time do a left knife middle block and a right hand attack to the neck. Ki-Yap!

5 – Move you right foot diagonally, changing to horse stance. At the same time execute a right hand push block. Then do a left middle punch followed by right middle punch followed by left high punch and Ki-Yap!

6 – Move left foot diagonally, changing to a horse stance. At the same time do a left hand push block, then do a right hand middle punch followed by left middle punch followed by right high punch with Ki-Yap!



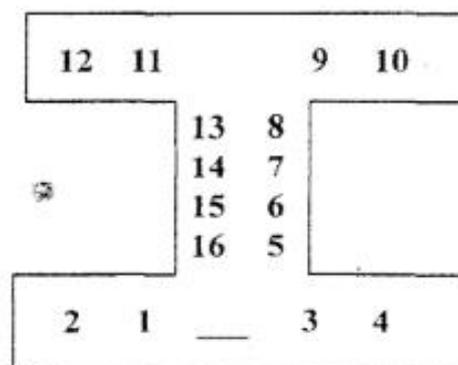
## **Basic Hand Technique**

- 1 – Left and Right Low Block
- 2 – Left Inner Wrist Middle Block
- 3 – Right Middle Punch
- 4 – Right Forearm Outside Middle Block
- 5 – Left Middle Punch
- 6 – Right Knife Hand Middle Block
- 7 – Left Forearm Outside High Block
- 8 – 10 three middle punches

### FORM - **POOM-SE (KI BON YEE JANG) #2**

- walking stance for children / front stance for adults and front snap kick.

- 1) Turn left 90°, and do a left high block in walking stance.
- 2) Step forward, right middle punch.
- 3) Turn right 180° and do a right high block in a walking stance.
- 4) Step forward, left middle punch.
- 5) Move your left foot (turn left 90°) do a left low block in a walking stance.
- 6) Step forward, right high block.
- 7) Step forward, left high block.
- 8) Step forward, right high punch. (*ki-yap*)
- 9) Move your left foot (turn left 270°) then a left high block.
- 10) Step forward, right middle punch.
- 11) Turn right 180°, right high block.
- 12) Step forward, left middle punch.
- 13) Move your left foot (turn left 90°) then a left low block.
- 14) Step forward, right high block.
- 15) Step forward, left high block.
- 16) Step forward, right high punch. (*ki-yap*)



## **Sparring**