

# Yellow Belt [*Goo Geup*]



## Requirements

16 Classes Credit

Blue & Green Stripes

JooChoomJiRooGi & Gam Sah Hyong

Basic Across Mat (Stances, Blocks, Punching Tech.)

Basic Kicking Tech. (Front snap kick, Axe Kick, Inside/Outside Crescent Kick, Push Kick, Round House Kick)

Poom-Se: GamSahHyong, *SahBangJeeRooGi*, *KiBon*

HanBon GyoRooGi

Student Creed

Board Breaking (Mil O ChaGi)

## Techniques

Open Workout

Self-Defense (Shake Hand Tech 1~2) - Talk to the Hand

Basic Target Drill

Running & Flying Kicks (Dbl Front Snap)

Attacking Across Mat

## Knowledge/Q&A

Children's Questions

Q. Who cleans your room? Do you like your room clean or dirty?

A. I Do, Sir! If I want to be a neat and clean person, I must learn to clean my room as well as keeping my body clean and my appearance neat.

Q. What would you do if mom and Dad say: "It's time to study, turn off the TV." or "It's time for bed?"

A. Answer: "Yes Mom or Yes Dad, and do it immediately" It teaches me to be respectful and obedient to my parents.

What is the meaning of Yellow Belt?

Signifies the sunrise and opening to receive knowledge, Sir!

What is the Bow? / Why do you bow?

The bow is a Korean form of greeting, Sir! /We bow to show sincerity of respect, Sir!

When do you bow?

We bow to the flags when entering or leaving the Do-Jang (Studio), when class starts and class ends.

Also we bow to the Master, Instructor, to a higher-level belt and fellow Taekwondo students anytime, anywhere we meet them, Sir!

Family Code (under 12 years old)

- |  |                                |
|--|--------------------------------|
| 1) Be obedient to my parents             | 2) Be respectful my parents    |
| 3) Be respectful my brothers and sisters | 4) Be faithful with my friends |

## Black Belt Philosophy

Appreciation

## ONE STEP PUNCH

1. Step in (L leg), left hand high block, Right hand Under Punch.  
Left hand grab shoulder, Left foot sweep leg.  
Look back fallen opponent and Side kick to neck.



2. Step in (R leg), Right hand High block, Left hand under punch to kidney.  
Right hand grab wrist, Left hand over shoulder, Left knee strike with press down.  
Right elbow strike.



3. Step in (R leg), Left knife hand block, Right knife hand chop.  
Left hand grab wrist, Right hand inside chop.  
Right hand grab behind neck, Left foot to right foot, Right knee strike with press down.  
Left Elbow strike.



# Black Belt Philosophy

## Appreciation

“There is more hunger for love and appreciation in this world than for bread.” - Mother Theresa

“Next to excellence is the appreciation of it.” - William Makepeace Thackeray

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. \_ John F. Kennedy

“Nothing is more honorable than a grateful heart.” - Seneca

“Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die; so, let us all be thankful.” - Buddha

Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts. \_ Alan Cohen

