

Yellow Belt Curriculum

Palgue 1

- Down Block:** Ready left hand by right ear. Turn to the left (90). Step with left foot into a front stance. Down block with left hand.
- Outside Block:** Ready right hand across body. Step forward with right foot into a front stance. Outside block with right hand.
- Down Block:** Ready right hand by left ear. Turn to the right (180). Step into a front stance. Down block with right hand.
- Outside Block:** Ready left hand across body. Step forward with left foot into a front stance. Outside block with left hand.
- Down Block:** Ready left hand by right ear. Turn to the left (90). Step with left foot into a front stance. Down block with left hand.
- Outside Block:** Ready right hand across body. Step forward with right foot into a back stance. Outside block with right hand.
- Outside Block:** Ready left hand across body. Step forward with left foot into a back stance. Outside block with left hand.
- Punch:** Step forward with right foot into a front stance. Punch with right hand and kihap.
- Knife Hand Middle:** Ready left hand by right ear and right arm extended, hands flat. Turn to the left (270). Step with left foot into a back stance. Knife hand middle block with left hand.
- Outside Block:** Ready right hand across body. Step forward with right foot into a back stance. Outside block with right hand.
- Knife Hand Middle:** Ready right hand by left ear and left hand extended, hands flat. Turn to the right (180). Step with right foot into a back stance. Knife hand middle block with right hand.
- Outside Block:** Ready left hand across body. Step forward with left foot into a back stance. Outside block with left hand.
- Down Block:** Ready left hand by right ear. Turn to the left (90). Step with left foot into a front stance. Down block with left hand.
- Chop:** Ready right hand by right ear, hand flat. Step forward with right foot into a front stance. Chop with right hand.
- Chop:** Ready left hand by left ear, hand flat. Step forward with left foot into a front stance. Chop with left hand.
- Punch:** Step forward with right foot into a front stance. Punch with right hand and kihap.
- Down Block:** Ready left hand by right ear. Turn to the left (270). Step with left foot into a front stance. Down block with left hand.
- Outside Block:** Ready right hand across body. Step forward with right foot into a front stance. Outside block with right hand.
- Down Block:** Ready right hand by left ear. Turn to the right (180). Step with right foot into a front stance. Down block with right hand.
- Outside Block:** Ready left hand across body. Step forward with left foot into a front stance. Outside block with left hand.

Self Defense 2: Lapel Grab

Lace your fingers together over your head. Bring them down to your chest as you step back with your right foot, trapping your opponent's hands to your chest. Strike with your knuckles to your opponent's nose. Groin snap kick with your right foot.

Roundhouse Kicking Combination

- * Rear leg roundhouse (R)
- * Sliding roundhouse (R)
- * Jumping roundhouse (R)
- * Pop up roundhouse (L)
- * Double punch, Kihap (L,R)

One Step Sparring #2

- * Start at ready position
 - * Leap to the right
 - * Front kick with left leg
- * Front pop-up kick with right leg
 - * Double Punch, Kihap