

## **High Yellow (7th Kub)**

*Review all Yellow Belt requirements*

### **Safety Gear Week**

➤ *Full safety gear required*

#### Sparring

**Theory:** Understand and practice distance concept "Alert & Target zones"

**Practical:** Friendly contact with full safety gear

#### Drill

**Combination:** Fast step or Roundhouse kick + Turning back + Roundhouse kick

**Drill:** Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

### **Basics and Forms Week**

#### Basics

**Kicks:** Fast step Roundhouse kick combinations (Turning back kick, Fast kick push kick or Fast step pushing kick, Front leg Drop kick)

#### Form

Tae Geuk EE Jhang

### **Self-Defense Week**

#### One Step Self-Defense

1-6 techniques (opposite side of Yellow Belt)

#### Self-Defense

- Ho Sin Sool 4-6
- Training drills in short distance and some floor exercises

### **Testing Requirements**

#### Sparring

Full safety gear  
Friendly contact  
Combination

#### Form

Tae Geuk EE  
Jhang

#### Self Defense

1-6 techniques  
Ho Sin Sool 4-6

#### Breaking

Turning back kick

#### Knowledge

TKD terms  
Why do we wear different color belts?  
Why do we yell?  
Significance of Tae Geuk EE Jhang

## Knowledge and Power Training Week

### Breaking

- Turning back kick
- Practice how to hold

### Knowledge

**Know** all knowledge requirements on the back of attendance card

### TKD Etiquette and Leadership

## Review Week

Reviewing all topics above (fast pace but good for all)

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➤ ***To test:*** Your tuition payment must be on time.

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## High Yellow Belt (7<sup>th</sup> Kub) Study Guide

### Terms

<b>Ahp Cha Ki</b>	(âp châ ké)	Front Kick
<b>Yop Cha Ki</b>	(yâp châ ké)	Side Kick
<b>Dolryo Cha Ki</b>	(dûl ré-ó châ ké)	Roundhouse Kick
<b>Aha Rae Mak Ki</b>	(â-rá mâ ké)	Low Block
<b>Eol gul Mak Ki</b>	(él gú mâ ké)	High Block
<b>Ahn Mak Ki</b>	(âhn mâ ké)	Inside Block
<b>Bakat Mak Ki</b>	(bâk ât mâ ké)	Outside Block

### Why do we wear different color belts?

We wear different color belts to symbolize our increase in knowledge with the darkness of color.

### Why do we yell?

We yell to develop internal and spiritual strength, with concentration and confidence.

### Tae Geuk 2-Jhang

Represents **Tae** which means internal strength, external gentleness. Perform this poomse gently, but when you strike or hit, move strongly. (18 pooms)

