

Yellow (8th Kub)

Review all High White Belt requirements

Safety Gear Week

➤ *Full safety gear required*

Sparring

Theory: Logic of counter attack (Time & Space concept)

Practical: Friendly contact with full safety gear

Drill

Combination: Front leg cut +/& Single step forward + Turning back kick

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

Basics and Forms Week

Basics

Hand techniques: Reverse punch, Reverse inside block

Footwork: Turning to closed section

Kicks: Running & Fast step kicks (Front, Side, Roundhouse), Turning back kick

Form

Tae Geuk IL Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques

Floor

- Side fall
- Training drills in short distance and some floor exercises

Testing Requirements

Sparring

Full safety gear
Friendly contact
Combination

Form

Tae Geuk IL
Jhang

Self Defense

1-6 techniques

Breaking

Drop kick

Knowledge

TKD terms
Taekeuk
Why do we bow?
Significance of
Tae Geuk IL
Jhang

Knowledge and Power Training Week

Breaking

- Drop 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)

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

Yellow Belt (8th Kub) Study Guide

Terms

Cha Ki	(châ ké)	Kick
Mak Ki	(mâk ké)	Block
So Ki	(só ké)	Stance
Jiru Ki	(gé rü ké)	Punch
Chi Ki	(ché ké)	Strike
Dong Jak	(dông jâk)	Movement
In Jung	(ên jûng)	High Section Point
Myong Chi	(myông ché)	Middle Section Point
Nang Shim	(nâng shîm)	Low Section Point
Poomse	(pûm sê)	Pattern or Form

Tae Geuk (tê gûk)

Tae Geuk is the name of the Poomse (form or pattern) we practice. We practice eight (8) different Tae Geuk Poomse.

Why do we bow?

We bow to show sincerity of respect.

Bowing is the universal gesture of politeness.

Tae Geuk 1-Jhang

Represents **Sky** which is the principle of all living things in the universe. (18 pooms)

