

NAME: _____

YELLOW Belt Curriculum

You Must Know & Understand

Your Form: Taekguk 1 (IL JANG) Half Part

Your Kick: Front kick, Round kick, Round kick

Your Breaking: Front Kick

Sparring: Push K, DBL Punch, Roundkick

Your Basic Hand techniques:

Inside Block

*Refer to White Belt

Your Stances:

Front Stance

Walking Stance

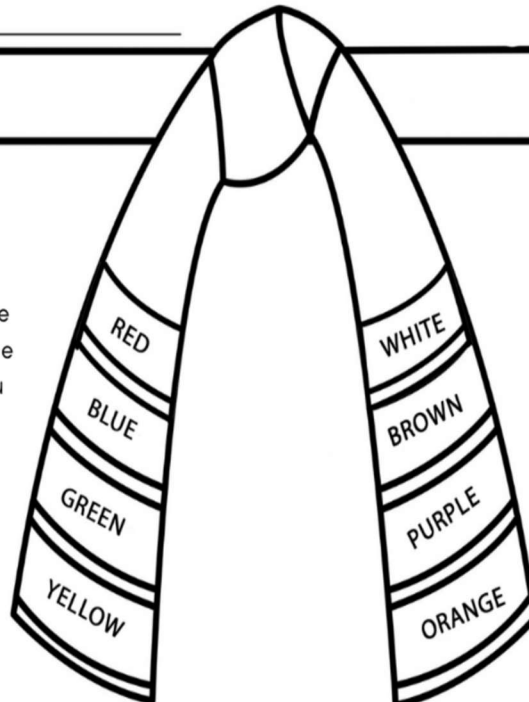
*Refer to White Belt

EAGLE TAEKWONDO

Name: _____

Color your belt color.
Color in your stripes when the instructor says you have earned it during class. Once all stripes are colored, you may schedule for testing.

What color is your belt now?



STRIPES CHECKLIST

- RED- FORMS
- BLUE- SPARRING
- GREEN - BREAKING
- YELLOW - KICKING
- WHITE - CHALLENGE
- BROWN- KNOWLEDGE
- PURPLE- PERFORMANCE
- ORANGE - FITNESS



QUESTIONS

Korean Terminology

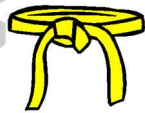
TAE means: To kick with the foot

KWON means: To strike with fist

DO means: The way of Life

Question you need to know

What are ways to show respect to your parents?



Written Test

Yellow Belt Testing for High Yellow

What are ways to show respect to your parents?

- 1.
- 2.
- 3.
- 4.

What does TAEKWONDO mean?

Tae-

Kwon-

Do-

EAGLE
TAE KWON DO