

YELLOW BELT REQUIREMENTS

- BLOCKS :**
BODY BLOCK
- STRIKES :**
DOWNWARD AND SIDE KNIFE HAND CHOP
- KICKING :**
FRONT KICK, AXE KICK, FAST KICK
- STANCES :**
FRONT STANCE, SITTING STANCE
- SELF DEFENSE :**
FRONT NECK CHOKE (ARMS CLOSE)
FRONT NECK CHOKE (ARMS APART)
- SPARRING :**
FAST KICK+APBAL, FAST KICK+APBAL+AXE KICK,
FRONT LEG CUT KICK
- POOMSAE :**
TAEGEUK 2
- BOARD BREAKING :**
AXE KICK OR PALM STRIKE