

YELLOW BELT REQUIREMENTS (9TH GUP)

BASIC BLOCKS:

English

1. Low Block
2. Inside/Outside Block
3. High Block
4. Outside/Inside Block
5. Center Punch
6. 2-Hand Double Block

Korean

Ha Dan Mahk Kee
 Ahneso Phakeso Ro Mahk Kee
 Sang Dan Mahk Kee
 Phakeso Ahneso Uro Mahk Kee
 Choong Dan Kong Kyuk
 Ssang Soo Mahk Kee

BASIC KICKS:

1. Inside/Outside Kick
2. Outside/Inside Kick
3. Front Kick
4. Side Kick
5. Back Kick
6. Roundhouse

Ahneso Phakeso Ro Cha Ki
 Phakeso Ahneso Uro Cha Ki
 Ahp Cha Ki
 Yup Cha Ki
 Dwi Cha Ki
 Tollyo Cha Ki

FORM: Kicho Hyung Ee Bu (Basic Form #2) Ideal Completion Time 25-30 sec Total # of Movements 20

Ki hap locations #1 last High Block forward and #2 last High Block backward - Total #2

Start	1	2	3	4	5	6	7-8	9	10
<i>Rhythm</i>	Single	Single	Single	Single	Single	Single	(S-S)	Single	Single
<i>ChoonBee (Stance)</i>	Front	Front	Front	Front	Front	Front	Front	Front	Front
<i>Move</i>	Low Block	High Punch	Low Block	High Punch	Low Block	High Block	High Block, High Block	Low Block	High Punch
<i>Mics.</i>							Ki Hap 8		
11	12	13	14	15-16	17	18	19	20	<i>End</i>
Single	Single	Single	Single	(S-S)	Single	Single	Single	Single	
Front	Front	Front	Front	Front	Front	Front	Front	Front	<i>Bah Roh</i>
Low Block	High Punch	Low Block	High Block	High Block, High Block	Low Block	High Punch	Low Block	High Punch	
				Ki Hap 16					

Kicho Hyung Sam Bu (Basic Form #3) Ideal Completion Time 25-30 sec Total # of Movements 20

Ki hap locations #1 last punch forward and #2 last punch backward - Total #2

Start	1	2	3	4	5	6	7-8	9	10
<i>Rhythm</i>	Single	Single	Single	Single	Single	Single	(S-S)	Single	Single
<i>ChoonBee (Stance)</i>	Back	Front	Back	Front	Front	Horse	Horse	Single	Single
<i>Move</i>	Inside / Outside Block	Center Punch	Inside / Outside Block	Center Punch	Low Block	Side Punch	Side Punch, Side Punch	Back	Front
<i>Mics.</i>							Ki Hap 8		
11	12	13	14	15-16	17	18	19	20	<i>End</i>
Single	Single	Single	Single	(S-S)	Single	Single	Single	Single	
Back	Front	Front	Horse	Horse	Back	Front	Back	Front	<i>Bah Roh</i>
Inside / Outside Block	Center Punch	Low Block	Side Punch	Side Punch, Side Punch	Inside / Outside Block	Center Punch	Inside / Outside Block	Center Punch	
				Ki Hap 16					

YELLOW BELT REQUIREMENTS (9TH GUP)

ONE STEP FIGHTING (IL SOO SIK):

Hands 3&4

3	Get out of the way Block Elbow	(Step back with the left foot) (Right-hand out-in block chop) (Slide in with a right elbow strike to the ribs)
4	Get out of the way Block Elbow Elbow	(Step back with the left foot) (Right-hand out-in block chop) (Slide in with a right elbow strike to the ribs) (Spin counter-clockwise, left elbow to the face)

Kicking 3&4

3	Defend Start with left foot back Back kick Punch	(Bring your Hands up) (Left foot) (High punch to the face)
4	Defend Roundhouse kick Punch Chop	(Bring your Hands up) (Right leg kick to ribs) (Left center punch) (Out- in chop to the neck)

SELF DEFENSE (HO SIN SUL):

--The Defender starts with both hands up with the attacker in front of them--

Attack	Defense
1. Same Side Grip	
2. Cross Grip	
3. Two Hand Grip	
4. Double Grip	

BREAKING: Children: Hammer Fist Kwon Do Kong Kyuk Adults: Knife Hand Soo Do Kong Kyuk

PHILOSOPHY OF A YELLOW BELT

YELLOW BELT Students represent the seeds beneath the winter snow. As the winter snow begins to recede, the seed begins to germinate. It is a time when the basic techniques are expanded to include more of the attributes of our art. The student begins to learn about balance, grace, speed, power, and agility. It is these attributes that will be built up over the upcoming months of training.

ABOUT THE FORM

Ki Cho (Basic)

Name of Creator	Date of Creation	Ideal Completion Time	Point of Ki hap	Total # of movements	English
Gichin Funakoshi	?	25-30 sec	8,16	20	Basic Form #2
Gichin Funakoshi	?	25-30 sec	8,16	20	Basic Form #3

TERMINOLOGY:

- | | | |
|-----------------------------------------------------------|---------------------------------------|------------------------------------|
| 1. Form #2 Name and Steps
Ki Cho Hyung Ee Bu 20 Steps | 3. Front Stance
4. Fighting Stance | Chun Kul Cha She
Hu Kul Cha She |
| 2. Form #3 Name and Steps
Ki Cho Hyung Sam Bu 20 Steps | 5. Horse Stance | Kee Ma Cha She |
6. ATF Rules: #2 The following are prohibited in the Dojang: Shoes, smoking, eating, drinking, chewing gum, intoxication, bad language, arguing and horseplay.
7. Children Home Rule # 3&4
3. Children will be truthful at all times.
4. Children will maintain a good relationship with their brothers and sisters.
8. Basic Terms
- | | | | |
|-------------------|--------------------|-----------|-----------|
| a. Low | Ha Dan | f. Side | Yup |
| b. Inside/Outside | Ahneso Phaku Ro | g. Back | Dwi |
| c. Outside/Inside | Phakeso Ahneso Uro | h. 2-Hand | Ssang Soo |
| d. High | Sang Dan | i. Round | Tollyo |
| e. Front | Ahp | j. Jump | E-Dan |