

Yellow Belt Curriculum

Palgue 1

- Down Block:** Ready left hand by right ear. Turn to the left (90). Step with left foot into a front stance. Down block with left hand.
- Outside Block:** Ready right hand across body. Step forward with right foot into a front stance. Outside block with right hand.
- Down Block:** Ready right hand by left ear. Turn to the right (180). Step into a front stance. Down block with right hand.
- Outside Block:** Ready left hand across body. Step forward with left foot into a front stance. Outside block with left hand.
- Down Block:** Ready left hand by right ear. Turn to the left (90). Step with left foot into a front stance. Down block with left hand.
- Outside Block:** Ready right hand across body. Step forward with right foot into a back stance. Outside block with right hand.
- Outside Block:** Ready left hand across body. Step forward with left foot into a back stance. Outside block with left hand.
- Punch:** Step forward with right foot into a front stance. Punch with right hand and kihap.
- Knife Hand Middle:** Ready left hand by right ear and right arm extended, hands flat. Turn to the left (270). Step with left foot into a back stance. Knife hand middle block with left hand.
- Outside Block:** Ready right hand across body. Step forward with right foot into a back stance. Outside block with right hand.
- Knife Hand Middle:** Ready right hand by left ear and left hand extended, hands flat. Turn to the right (180). Step with right foot into a back stance. Knife hand middle block with right hand.
- Outside Block:** Ready left hand across body. Step forward with left foot into a back stance. Outside block with left hand.
- Down Block:** Ready left hand by right ear. Turn to the left (90). Step with left foot into a front stance. Down block with left hand.
- Chop:** Ready right hand by right ear, hand flat. Step forward with right foot into a front stance. Chop with right hand.
- Chop:** Ready left hand by left ear, hand flat. Step forward with left foot into a front stance. Chop with left hand.
- Punch:** Step forward with right foot into a front stance. Punch with right hand and kihap.
- Down Block:** Ready left hand by right ear. Turn to the left (270). Step with left foot into a front stance. Down block with left hand.
- Outside Block:** Ready right hand across body. Step forward with right foot into a front stance. Outside block with right hand.
- Down Block:** Ready right hand by left ear. Turn to the right (180). Step with right foot into a front stance. Down block with right hand.
- Outside Block:** Ready left hand across body. Step forward with left foot into a front stance. Outside block with left hand.

Roundhouse Kick Combination

- * Rear leg roundhouse (R)
- * Sliding roundhouse (R)
- * Jumping roundhouse (R)
- * Pop up roundhouse (L)
- * Double punch, Kihap (L,R)