

Yellow Belt Curriculum

22B

Horse Stance:	Step with right leg, kihap.
Straight Punch:	Punch with right hand, kihap.
Straight Punch:	Punch with left hand, kihap.
Upper Block:	Upper block with right hand
Upper Block:	Upper block with left hand.
Down Block:	Down block with right hand.
Down Block:	Down block with left hand.
Inside Block:	Inside block with right hand.
Inside Block:	Inside block with left hand.
Outside Block:	Outside block with right hand.
Outside Block:	Outside block with left hand.
Salutation:	Right foot steps in, left palm over right fist, feet together.
Fighting Stance:	Step back with right foot, kihap.
Front Kick:	Front kick with right leg stepping forward.
Front Kick:	Front kick with left leg stepping forward.
Turn and Shout:	Turn upper body, kihap.
Sliding Side Kick:	Sliding side kick with the right leg.
Turn and Shout:	Turn upper body, kihap.
Sliding Side Kick:	Sliding side kick with the left leg.
Back Fist:	Back fist with the left hand.
Reverse Punch:	Reverse punch with right hand, kihap.
Salutation:	Step back with left foot, feet together, salutation position.

One Step Sparring #2

Slide Right into fighting stance
Lean back front kick (L)
Pop-up front kick (R)
Double punch, kihap (R,L)

Round Kick Combination

Rear leg round kick (R)
Sliding round kick (R)
Jump round kick (R)
Pop-up round kick (R)
Double punch, kihap (L,R)