Yellow One Belt Curriculum

Palgue 2

Upper Block: Turn to the left (90) and step with your left foot into a front stance. Upper block with your left hand.

Front Kick, High Punch: Front kick with your right foot and step forward with it into a front stance. High punch with your right hand.

Upper Block: Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.

Front Kick, High Punch: Front kick with your left foot and step forward with it into a front stance. High punch with your left hand.

Knife Hand Lower Block: Turn to the left (90) and step with your left foot into a back stance. Knife hand lower block with your left hand forward.

Knife Hand Middle Block: Step forward with your right foot into a back stance. Knife hand middle block with your right hand forward.

Upper Block: Step forward with your left foot into a front stance. Upper block with your left hand.

High Punch: Step forward with your right foot into a front stance. High punch with your right hand. Kihap.

Upper Block: Turn to the left (270) and step with your left foot into a front stance. Upper block with your left hand.

Front Kick, High Punch: Front kick with your right foot and step forward with it into a front stance. High punch with you right hand.

Upper Block: Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.

Front Kick, High Punch: Front kick with your left foot and step forward with it into a front stance. High punch with your left hand.

Double Down Block: Turn to the left (90) and step with your left foot into a back stance. Double down block with your left hand forward.

Double Outside Block: Step forward with your right foot into a back stance. Double outside block with your right hand forward.

Outside Block: Step forward with your left foot into a back stance. Outside block with your left hand.

Reverse Punch: Step forward with your right foot into a front stance. Reverse punch with your right hand. Kihap.

Upper Block: Turn to the left (270) and step with your left foot into a front stance. Upper block with your left hand.

Front Kick, High Punch: Front kick with your right foot and step forward with it into a front stance. High punch with your right hand.

Upper Block: Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.

Front Kick, High Punch: Front kick with your left foot and step forward with it into a front stance. High punch with your left hand.

Self Defense 3: Head Lock

Bent over in a head lock position, simultaneously hammer fist with your right hand to your opponent's groin and with your left to your opponent's kidney. Reach behind your opponent with your left hand to grab their hair and palm strike with your right hand to their chin/nose.

One Step Sparring #3

* Start at ready position
* Leap to the right
* Roundhouse with the left leg
* Spin back kick with the right leg
* Double Punch, Kihap

Side Kick Combination

* Rear leg side kick
* Sliding side kick
* Pop up side kick
* Double punch, Kihap