

Requirements Yellow to Orange Belt



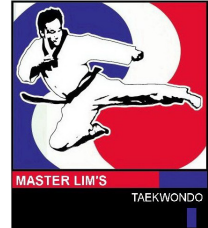
YELLOW BELT Meaning: Planting the seed.

Student seeks focus and concentration.

CURRICULUM

- ❖ **WHITE TAPE** Ten Basic Motions (both hands)
Double knife hand, re-inforce
Child: horse riding stances **Adult:** horse riding stances and back stances
- ❖ **YELLOW TAPE** kicking Combination (guarding stance)
Kick step up kick both legs
Shuffle up kick
- ❖ **BLUE TAPE** Self Defense (two hands attack from front)
Child: open hand, grab, pull chop to the neck
Adult: #1, #2
- ❖ **RED TAPE** Mental Education #1-#10 Belt Meaning
Breaking: round house kick
- ❖ **BLACK TAPE** TAE GUK FORM (Ee Jang) full

Education Guide



YELLOW TO ORANGE BELT

➤ Korean Numbers 1 through 10

| <i>Korean</i> | English | | | | <i>Korean</i> | English |
|----------------------|----------------|--|--|--|----------------------|----------------|
| HaNa | 1 | | | | YoSut | 6 |
| Dul | 2 | | | | IlGope | 7 |
| Set | 3 | | | | YoDul | 8 |
| Net | 4 | | | | AhHope | 9 |
| DaSut | 5 | | | | Yol | 10 |

➤ How can you show a positive attitude?

- By saying "I can do it!" and never giving up!

➤ What should students always show in class?

- Focus and concentration.