

Technical Information

MODIFIED TESTING SHEET FOR
TESTING ON 2/23/2018

Yellow Belt Testing Requirements

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| <p>1) Basics – First Stripe</p> <ul style="list-style-type: none"> a) Double Knifehand Block, Knifehand High block, Knifehand Low Block b) Vertical Spearhand Strike c) #2 & #4 Inner Crescent Kicks d) #1, #2, & #3 Jump Front Kicks | <p>2) Form – Second Stripe</p> <ul style="list-style-type: none"> a) Knowledge <ul style="list-style-type: none"> i. <u>Name:</u> Songahm 3 ii. <u># Moves:</u> 28 iii. <u>Meaning:</u> “The seed is beginning to see the sunlight” b) Ability to do required moves of form <p>3) One-Steps – Third Stripe</p> <p>4) Self-Defense – Fourth Stripe</p> |
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Form: Songahm 3

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| <ul style="list-style-type: none"> 1) Left foot steps east to right back stance, left knifehand strike to east. 2) (No Step) Left double Knifehand block to east. 3) Left foot pulls back to right foot, right front kick; land in right front stance to east with hands up. 4) Left #2 round Kick 5) Land in left front stance to east, left Knifehand low block 6) (No Step) Left Knifehand High Block | <ul style="list-style-type: none"> 7) Right foot steps to middle stance facing east. Right Punch w/ Kihap And... 8) In continuous motion, left punch w/ Kihap. 9) Hip Switch towards left side, step with left foot to middle stance facing west, right vertical spearhand strike. And... 10) In continuous motion, left vertical spearhand strike. 11) Right foot steps west to right front stance, right low block. 12) No step. Left reverse punch. 13) Right #3 Jump front kick 14) Land in right front stance, left reverse punch. |
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Bahroh – left foot steps forward to natural ready stance.
All strikes are midsection; kicks are high or middle section.
(Remember for starts by facing east)

One-Step Sparring

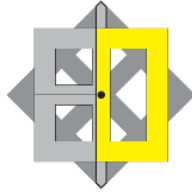
(A) Attacker (D) Defender

- 1) Evade back and to the right to right back stance, left double outer forearm block, left #3 jump front kick, left knifehand strike, right reverse punch, step back with left foot, then right foot and left double outer forearm block.

Self-Defense

- 1) Opponent is standing above you while you are on the ground and they are attempting to kick you





Color Belt Philosophy

The philosophical interpretation of the Yellow Belt is:

“The seed is beginning to see the sunlight.” (The student begins to understand the basics of Taekwondo.)

Form – Individual Action

To develop good techniques, you should pay attention to details of all the kicks. This includes **Chamber** (loading position), **Execution** (direction), **Re-Chamber** (reload position after kick is thrown), and **Pivot** (turning your standing leg). Pay close attention to these 4 element.

Segments break down: 2 – 4 – 4 – 4 – 4 – 4 – 2 – 4

Songahm 3 has 28 movements and its Kihaps are on the 7th movement (right punch), the 8th movement (left punch), and the 17th movement (left #3 jump front kick).

One-Step Sparring – Transition Utility

Targeting (hitting the proper target) is another important part of one-step sparring training. One of the important concepts of self-defense is targeting the weak areas of your opponent. All humans have weak areas including pressure points or vital spots, regardless of the size or strength of an individual.

Remember, when you defend it is imperative to evade as part of the defense in each one step. #1 is designed to evade left (and back 45°), #2 is designed to evade right (and back 45°), and #3 is evading straight backwards after the initial evasion to the left.

From Master G. K. Lee

Protech Director

“Congratulations on achieving your yellow belt. By now you have learned the basic physical skills, however, the most important part of your Taekwondo training is the mental aspect, which is courtesy and self-discipline. Without this mental training it would be just like any other sport. Studying the Martial Arts can be the most positive and wonderful experience in anyone’s life. Good luck in your training and always have the best positive mental attitude.”

Sincerely,
G. K. Lee

