

Yellow Belt Curriculum

Yellow Belt Pattern, 20 Movements

Basic Chung Ee Chong

<u>Direction</u>	<u>Stance</u>	<u>Action</u>
L	¼ turn	Front
		Middle Block
		High Punch
R	½ turn	Middle Block
		High Punch
L	¼ turn	Low Block
		Middle Block
		High Block
		Middle Punch (Kiyapp)
L	¾ turn	Middle Block
		High Punch
R	½ turn	Middle Block
		High Punch
L	¼ turn	Low Block
		Middle Block
		High Block
		Middle Punch (Kiyapp)
L	¾ turn	Middle Block
		High Punch
R	½ turn	Middle Block
		High Punch

Yellow Belt Basics

Front Stance

- X Low Block
- X High Block
- Knife Hand Low Block
- Knife Hand Middle Block
- Knife Hand High Block
- Palm Up Knife Hand Strike

Kyroogi Stance

- Front Kick Jab Cross

Yellow Belt Kicking Combination

- Skipping Side Kick/Round House Kick

Yellow Belt Self Defense

- Grab From Behind