

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 Movement

Grab From Behind

Strike groin
Grab thumb
Turn goose lock