

## 9th Kup Yellow Belt Requirements

### Testing for Orange Belt

You will need to know the following information:

- Chon Ji
- Dan Gun
- Free Sparring
- Student Oath
- Rules of the Dojang
- Meaning of Tae Kwon Do
- 10 Basic Movements
- Reverse Kick (breaking technique)
- One Step Sparring
  - #1 – Step out with your right foot into a deep horse stance while executing a knife hand block to the attacker's punch with your left hand and middle punch with your right, pull your right hand back to ready position while covering it with your left. Your feet should be parallel to your attacker's feet. Follow with another knife hand block to the attacker's punch with your left hand and high punch with your right. Grab the attacker's right wrist while stepping back with your right foot (pulling them towards you) and do a front snap kick to their midsection with your right foot.
  - #2 – Jump to your right to avoid the punch, then do a high traditional jump front snap kick and double middle punch starting with the right fist first.
  - #3 – Step out with your right foot into a deep horse stance then step across the attacker's right leg with your right leg, at the same time doing an outside-inside block with your right arm (blocking their punch). Turn to your left (do not move your feet) elbow to the midsection. Turn to your left (do not move your feet) elbow to the mid-section. Turn back to the right and elbow strike to the ribs with your right elbow.
  - #4 – Step out with your left foot into a deep horse stance while executing an open hand pushing block with your left hand. Then double middle punch with your right hand first. End with a roundhouse kick to the midsection.
  - #5 – TAKE DOWN – Step out with right foot into a deep horse stance while executing a left outer forearm block to the attacker's punch. Then grab their wrist with your left hand while you step your right leg behind their right leg and reach under their arm and grab them in the crook of the elbow. (Pressure Point) Pull their elbow down to your side while pushing their wrist back, resulting in them leaning back. Sweep their foot and take them down. Kick and punch.
  - #6 – Step back with your left leg and do a left leg reverse kick.
  - #7 – Step back with your right leg and do a right leg reverse kick.

Meaning of Yellow Belt: Signifies earth, a plant sprouts and takes root as the Tae Kwon Do foundation is being laid.