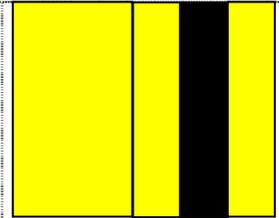




SPARTA TAEKWONDO YELLOW BELT DEGREE PROGRAM



A. New Stances

Name	Korean Terminology	Other Terminology	Comment
Walking Stance	Oreun Apseogi		Feet should be one foot length apart from heel to toe
Back Stance	Oreun Dwitkubi		

B. New Strikes

Name	Korean Terminology	Other Terminology	Comment
Neck Chop	Sonnal Mokchigi		Arm should be straight and fully extended
Reverse Punch	Momtong Barojireugi		
Elbow Strike			

C. New Blocks

Name	Korean Terminology	Other Terminology	Comment
Out-In Middle Block	Momtong An-Makki		
In-Out Middle Block	Anpalmok Momtong Bakkatmakki		
Knife hand Middle Block	Sonnal Makki		

D. New Kicks

Name	Korean Terminology	Other Terminology	Comment
Roundhouse Kick (Head level)			Kick to the head section
Jump Front Kick			Must be above head level
Push Kick			
Side Kick	Yop Chagi		

E. Forms

Name	Korean Terminology	Comment
Taegeuk 1	Taegeuk Il-Jang	<i>* Symbolizes Heaven - This form represents the source of creation by presenting the most basic techniques. Therefore, it is the foundation from which other forms build.</i>
Palgwe 1	Palgwe Il-Jang	<i>* Concept of Heaven (Keon) - It is symbolic of the beginning of life, and it is the basic principle of this introductory hyung.</i>

F. Combination Kicks

1. Roundhouse-Roundhouse in place [45-45 In place]
2. Roundhouse –Roundhouse moving forward [45-45 Moving Forward]
3. Roundhouse –Roundhouse – Roundhouse (High Section) [45-45-roundhouse]
4. Roundhouse– Out-In – Back kick [45-Out In- Back kick]
5. Roundhouse – Roundhouse (High Section) – Back kick [45-Roundhouse-Back kick]

G. Breaks

Yellow – Elbow Strike

Yellow/Black – Front Kick

H. Questions – See handout or log in to www.spartatkd.com – Announcements – Printed Materials – Handouts and School Curriculum