



Yellow Belt

New Techniques

Front Side Kick

Rear Side Kick

Pattern :

All

punches in this Pattern are straight punches and all kicks straight kicks Stand in Parallel stance.
Step back with the left leg while executing a front upper block (Kihap).
then : front leg straight kick .
front straight punch + rear straight punch.
Rear leg goes back to parallel stance.
Repeat Opposite Side (adults / Kids can do one side only)

Speed Drill No speed drill for Yellow Belts

Defense Drill Defense Drill 3

One side attacks with **punches and kicks** while the partner moves backward in a straight line while **blocking with both hands** .

AirShield Air Shield Attack with free movement

Power Test CloseRange Double Arm / Double Forearm Grab (Adults Only)
Explanation : Attacker grabs both arms of Defender . Defender kicks attacker and then rotates both hands away and OVER the attacker`s wrists to achieve a release. Defender continues with kicks and punches of their choice. ALTERNATIVE MOVES = Defender kicks and then throws both arms downwards towards the outside of attacker`s arms; then continues with kicks + punches of their choice.