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High Yellow Belt Syllabus

1. Sitting stance punches

From junbee, move left leg to the left into sitting stance.

Starting with left hand:

- ❖ 8 single punches
- ❖ 4 double punches
- ❖ 1 single punch
- ❖ 4 double punches
- ❖ 3 triple punches

Kihap (shout) must be performed on the first count of each set! During 3 triple punches shouting Tae Kwon Do

2. Stretching/conditioning kicks

From junbee, move left leg into forward stance (double forearm side blocks).

Starting with right leg:

- ❖ Front stretch kick
- ❖ Side stretch kick
- ❖ Adduction kick (Outside to inside)
- ❖ Abduction kick (Inside to outside)

Each kick to be performed 3 times each leg. Kihap when changing legs!

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3. Basic kicks

**From junbee, move left leg forward into forward stance (double forearm side blocks).
Starting with right leg:**

- ❖ Front thrust kick (**Once performed slow motion** and twice normal speed)
- ❖ Side thrust kick (**Once performed slow motion** and twice normal speed).

Change of stance from forward to L-shape stance and guarding block

- ❖ Chop kick (normal speed 3 times each leg)
- ❖ Turning/roundhouse kick (normal speed 3 times each leg)
- ❖ Back kick (normal speed 3 times each leg)

Each kick to be performed 3 times each leg. Kihap when changing legs!

4. Special kicks

From junbee, move right leg back into fighting stance

- ❖ Slide back, fast-step middle kick, chop kick, round house kick
- ❖ Slide back, fast-step chop kick, middle kick, round house kick

Each set to be performed twice with same leg

5. Compulsory belt form

Form number 2 (IE Jang and 1 random)

6. Self-defence

- ❖ 5 sets (hair, collar, double wrist, head-lock, bear hug)

7. Push-ups

- ❖ 10 push-ups