

Advanced Yellow Belt Skills

Green Stripe

Won-Hyo Hyung
The Advanced Yellow Belt
Pattern

Black Stripe

1-Steps
(See Below)
All athletes perform #1-#3

Blue Stripe

Clapper Target Drills
1) Reverse Punch
2) Elbow Strike
3) Outside Crescent Kick
4) Back Leg Front Kick
5) Back Leg Round Kick
6) Front Leg Side Kick



Testing Skills:

- Won-Hyo
- 1-Steps (w/partner)

1-Steps: from attacker using forward attack like a punch/grab/push; **bolded words are cues** used in classes by instructors; all kihaps(yells) are underlined

1) Right foot back to left open guard, Side **step** with left foot, right **round kick**, right reverse **elbow**, front leg **side kick** to leg, **ready, fight**

2) Right foot back to left open guard, Left middle **palm block**, left leg **lunge** forward, right **punch**, grab attacker, right **knee**, right **knee, shove, ready, fight**

3) Right foot back to left open guard, Left step back into an **X-stance**, left **sweeping block**, left step **forward**, left **backfist**, right inverted **knifehand** strike, left step back **together**, right **round kick, ready, fight**