

Yellow Belt

- ✓ The student should participate in at least 30 trainings before the Belt Test date.
- ✓ Only students who got all 6 stripes are eligible for this Belt Test.
- ✓ Last 6th stripe (black) is for discipline and attention. It is given to the student right before the Belt Test date, in case if he/she did not get more than 30 penalties for 30 trainings. If the student got more, he/she has to participate in more trainings before the Test (e.g. 35 penalties for 30 trainings means 5 more classes must be taken without penalties).
- ✓ The sportsmen must bring the card of Good Deeds signed by parents.
- ✓ He/she has to be ready to demonstrate all the technique from the previous belt test (White & Yellow Belt).

Test 1. Green Stripe.

Student must demonstrate proper Taekwondo technique, such as:

1. Basic Taekwondo Stances:

- Big Stance (Upkubie Sogie);
- Sparring Stance (Kerugie Sogie).

2. Hands' Technique:

Combination of 2 techniques:

- Low Block + Middle Punch (Arae Mahki + Momtong Chirugi);
- Middle Block + Middle Punch (Momtong Mahki + Momtong Chirugi);
- High Block + Middle Punch (Olgul Mahki + Momtong Chirugi);
- Double Middle Punch (Doo Bun Momtong Chirugi).

3. Legs' Technique:

- Axe Kick (Nehryuh Chagi);
- Back Kick (Twi Chagi).

Test 2. Blue Stripe.

Student must show **First Taekwondo Pattern** (Taeguek 1).

Test 3. Red Stripe.

Student must brake a wooden board using **Round House Kick** (Dollyo Chagi).

Test 4. Yellow Stripe.

Student must perform strength endurance test with proper technique:

- For upper body: 10 push ups, 15 sit ups;
- For lower body: 20 squats.

Test 5. White Stripe.

Flexibility. **Floor touch test** (duration is 10 seconds - with fingers tips).