

# Montgomery TaeKwonDo Academy

## SENIOR YELLOW BELT Stripe Requirements

### *1st Stripe:*

1. Perform Do-San to the first Kiap, without assistance
2. Demonstrate a Double Round Kick
3. Recite the name of the Form
4. Good Attendance
5. Consistent Effort

### *2nd Stripe:*

1. 17 combinations of Do-San, without assistance
2. Demonstrate an Spin Crescent Kick
3. Good Attendance
4. Consistent Effort

### *3rd Stripe:*

1. Demonstrate all 24 movements of Do-San, without assistance
2. Explain meaning of Co Man and Bahro
3. All required knowledge of Won-Hyo
4. Good Attendance
5. Consistent Effort

### *4th Stripe:*

1. One Step #1 and #2
2. Good Attendance
3. Consistent Effort

### *5th Stripe:*

1. One Step #3 (adults #3 and #4)
2. Self Defense
3. Good Attendance
4. Consistent Effort

### **To Earn a Green Belt:**

Students must be able to perform all skills listed above upon request.

Minimum of 30 classes.

Positive attitude towards fellow students and instructors.

Student must achieve personal best at this level.

All Techniques must demonstrate control and target area.

# **Montgomery TaeKwonDo Academy**

## **SENIOR YELLOW BELT Study Guide**

Senior Yellow Belt:

Form: Do-San

Meaning of Do-San: Do-San was known as the educator of Korea. The 24 movements in the form represent the 24 years he spent furthering the education of Korea.

Number of Combinations: 24

Co Man: Stop

Barho: Ready Position