

# Montgomery TaeKwonDo Academy

## YELLOW BELT Stripe Requirements

### *1st Stripe:*

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

### *2nd Stripe:*

1. 12 combinations of Dan-Gun, without assistance
2. Demonstrate an Jump Front Kick
3. Good Attendance
4. Consistent Effort

### *3rd Stripe:*

1. Demonstrate all 20 combinations of Dan-Gun, without assistance
2. Explain meaning of Yellow Belt
3. All required knowledge of Dan-Gun
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 Senior Yellow Belt:**

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

Minimum of 26 classes.

Positive attitude towards fellow students and instructors.

Student must achieve personal best at this level.

# Montgomery TaeKwonDo Academy

## YELLOW BELT Study Guide

Yellow Belt:

Form: Dan-Gun

Meaning of Dan-Gun: This form was named after the legendary founder of Korea in 2333 BC.

Number of Combinations: 20

Cha-Ryot: Attention Stance

Kyung-Nae: Bow

The Color Yellow represents the sun that is needed for the plant to grow.

Three Rules of the Round Kick:

1. Toes on base leg point away from target.
2. Knee must point at target before and after kick.
3. Strike with the top of foot (Instep)