



Tae Kwon Do Beginner Course

8th Geup Yellow Belt

Stances:	Attention, Ready stance, Horse riding stance, Front stance, Defensive stance, Walking stance
Blocks:	High block, Middle block, Low block
Strikes:	Punch , Elbow strike, Knife hand, Hammer fist
Combination Kicks:	1. Roundhouse kick – Roundhouse kick 2. Knife hand strike – Knife hand strike – Roundhouse kick – Roundhouse kick 3. Front snap kick – Front snap kick – Roundhouse kick – Roundhouse kick 4. Roundhouse kick – Roundhouse kick – Axe kick – Axe kick
Forms:	TAE GEUK IL JANG (1)
Board Breaking:	Roundhouse Kick
Sparring: (Non-contact)	1. Foot work (Forward, Backward, Side, Spinning, Jumping) 2. Roundhouse kick – Roundhouse kick 3. Double punches – Roundhouse kick – Roundhouse kick 4. Roundhouse kick – Roundhouse kick – Axe kick – Axe kick
Korean Terms:	CHA RYEOT (Attention), JOON BEE (Ready) KAM SA HAP NEE DA (Thank you), SA BUM NIM (Master instructor) TAE: feet, kicks KWON: hand, fist DO: mind Korean Counting 1-10

Testing for Orange Belt

Student must have all five color tips and minimum time (14 classes) requirements.

Techniques you will be asked to demonstrate:

- Basic Stances, Strikes, Blocks
- Combination kicks **1-4**
- **TAE GEUK IL JANG**
- Non contact sparring 1-4
- Breaking Board (**Roundhouse kick**)
- Knowledge of Korean Terms 1